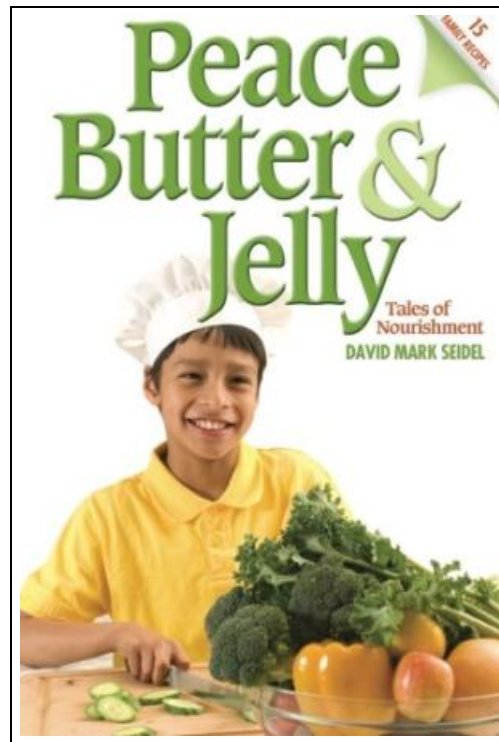


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PEACE, BUTTER JELLY: Tales of Nourishment is a foodspirational journey through family stories of Russia, India, New Jersey, Santo Domingo, Boston and the Carolinas, plus coveted recipes and a cupboard full of poems for dessert. This book will entertain, inform and uplift you. You ll learn how to live your life well and how to nourish yourself, family and friends with three daily practices: meditation, happy eating and creative expression, especially the written word. The book is like a delicious meal, replete with delectable surprises, and leaves you fuller than when you started. Written by Boston s first Personal Chef, this memoir is no less than an honest sharing of a modern spiritual journey. By the time you finish this book, you realize that you were invited to dinner with great love and what was shared were recipes of the heart. Peace, Butter Jelly, welcome to the world of creative non-fiction! Tony Abbott, Pulitzer Prize nominee, writes: David Mark Seidel s PEACE, BUTTER, and JELLY is a remarkably original and engaging book. Peace, as I understand it, refers to the peace which comes from meditation, which has totally changed David Mark Seidel s life. Butter stands for food, for the wonderful recipes which make up the middle of the book, and which every food lover will covet. And Jelly stands for the wonder and joy of poetry, which makes up the last part of the book. Never have I seen these three things together before. It s a rare achievement to put together the nourishment of meditation, food, philosophy and poetry, but David Mark Seidel has made his own sandwich and made it well. David Mark Seidel is a...



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