



# Your Real Food Journey: A Gentle Guide to Steady Progress

*Trina Holden*

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## **Your Real Food Journey: A Gentle Guide to Steady Progress** Trina Holden

Your Real Food Journey is one part cookbook and one part gentle mentor, with a generous slathering of peace-giving perspective for this journey that so often threatens to overwhelm us. When you're not sure what your next step is, Trina will lead you through the basics of eating well with short lists and easy tips. And when you're ready to jump forward, she'll gently stretch your skills with tried and true recipes that will become family favorites. Let go of the pressures and fears of trying to eat better and get ready to gain some clarity for the next steps in your kitchen. Because eating well isn't a target we have to hit the first time, it's a journey we can enjoy together.

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