



Living Deliciously: Recipes to Welcome Joy Into Our Lives

Ms. Melissa M Shepherd

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In the course of several years of publishing monthly newsletters, a few themes have emerged to reflect on “juicing” life for all it’s worth, even during moments of crisis. Frequently, the wording would make some sort of reference to the culinary world, in order to illustrate certain ideas. This is how “Living Deliciously” was born. May this compilation of newsletters contribute to your reflections about how to create the conditions for joyful, delicious living! The suggestion is that the ingredients explored in this writing are “like water for soup”, essential to experience life’s diverse flavors. Yes, in life there will be moments that are hardly palatable. However, being intentional about extracting the “pulp” or lessons available prepares us to move through this journey fine tuning our ability to notice subtleties meant to deepen our insights. Much like a sommelier is highly trained to detect “flavor notes” in a glass of wine and envision succulent food pairings, applying our deeper insights leads us to more and/or better informed choices. Here’s wishing you a delicious life!

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