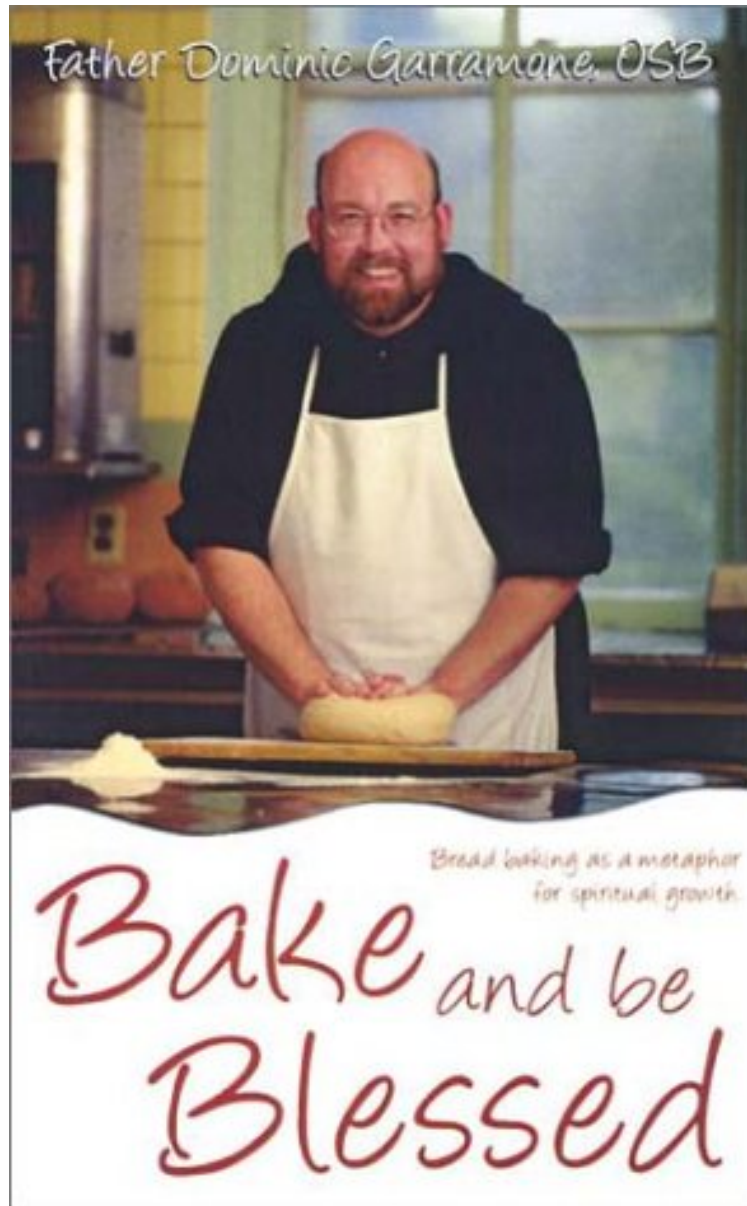


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Bake and Be Blessed: Bread Baking as a Metaphor for Spiritual Growth

Dominic Garramone

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Easily worth twice the price.
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you'll want to highlight and earmark several things in this book and read it over and over again.
only about 2 recipes in it, more of a spiritual book, but lets you in on Fr. Dom and how he works.

Fr. Dominic Garramone , is a Benedictine monk of St. Bede Abbey in Illinois and host of the highly successful public television series, *Breaking Bread with Father Dominic*. Father Dominic offers reflections on how one simple activity -- baking bread -- can teach us to grow spiritually and live more meaningfully. Gain insight from everyday activities and live fully through meditation and prayer. With five new recipes, including Ice Cream Muffins and Oatmeal Cookies (with a very special story).