



## Happy Cooking: Make Every Meal Count ... Without Stressing Out

By Giada De Laurentiis



**Happy Cooking: Make Every Meal Count ... Without Stressing Out** By Giada De Laurentiis

**Best-selling cookbook author Giada De Laurentiis is picking up where *Feel Good Food* left off. Filled with even more fresh recipes and day-to-day living strategies, the Food Network superstar shares her year-round approach to living a healthy and happy lifestyle.**

Giada De Laurentiis, one of the most recognizable faces on the Food Network lineup, invites readers to get to know her as never before. The celebrity chef is back with nearly 200 new recipes and helpful advice on everything from hosting a potluck or open house to what to pack along for lunch every day. Drawing on the time-saving tips and healthy eating strategies that keep her functioning at the highest possible level in her roles as working mom, restaurateur, and tv personality, she has assembled a year-round roadmap to vibrant good health and delicious eating. Readers will be inspired to try new ingredients, new wellness practices, and create a wholesome balance between peak nutrition - and the occasional decadent indulgence. Featuring her New Year's cleanse, homemade Christmas gifts, and ideas for every holiday, special occasion, and casual weekend in between, this is Giada's 365-approach to cooking up a happy life.

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### Editorial Review

#### About the Author

GIADA DE LAURENTIIS is the Emmy Award-winning star of Food Network's *Everyday Italian*, *Giada at Home*, and *Giada in Paradise*; a judge on *Food Network Star*; a contributing correspondent for NBC's *Today* show; and the author of seven *New York Times* bestselling books. She attended the Cordon Bleu cooking school in Paris and worked at Wolfgang Puck's Spago restaurant before starting her own catering company, GDL Foods. Born in Rome, she grew up in Los Angeles, where she now lives with her daughter, Jade.

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