

Family, Food & Feelings*

by BERRY, KATE

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Family, Food & Feelings charts the ebbs and flows of family life through the four school terms. This inspiring, hand-on-heart look at modern families is full of instantly recognisable parenting moments and advice on how to deal with them (be it negotiating blended families, having those difficult conversations or tackling book week), delicious seasonal recipes for dinners and after-school snacks kids can make themselves, plus (finally) some new ideas for using those last black bananas in the fruit bowl. Life-affirming, warm and incredibly real, Family, Food & Feelings will be your friend on the shelf for good days and bad, and everything in between. Because we've all been there, and we're not alone.

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