



Save the Males: A Kitchen Survival Cookbook

Reparata Mazzola, Chef Gordon Smith

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"Save the Males" is aimed at men on their own, but great for anyone who wants to learn to cook. The book is a kitchen compass to navigate culinary waters, a solid foundation for the novice and a great refresher course even if you can cook. The underlying feeling behind "Save the Males" is fun. Chef Gordon Smith is a regular guy who knows from experience that cooking improves your health, your appearance and your sex life. He teaches you how to switch from prepared foods to foods you prepare. If a man doesn't start living a healthier life, he could make himself extinct. Cooking can even be empowering. The kitchen is one place in this hectic world where men can feel successful by completing a project from start to finish. "Save the Males" is a road map to get you from an empty kitchen to a place where you can actually cook a meal for yourself, friends and loved ones. Chapters include: "Your Equipment Does Matter," "Cook for a Day, Eat for A Week," "Recipes for Romance," "Eat Well: Weigh Less," "Party Healthy," "Help: I'm Home Alone with the Kids" and "Rescue Remedies." If you're a woman who knows a man living on fast food and take-out, Save the Males is a great gift! Save the Males...It's is not a just a collection of recipes. It's a movement for a whole new way of life.

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