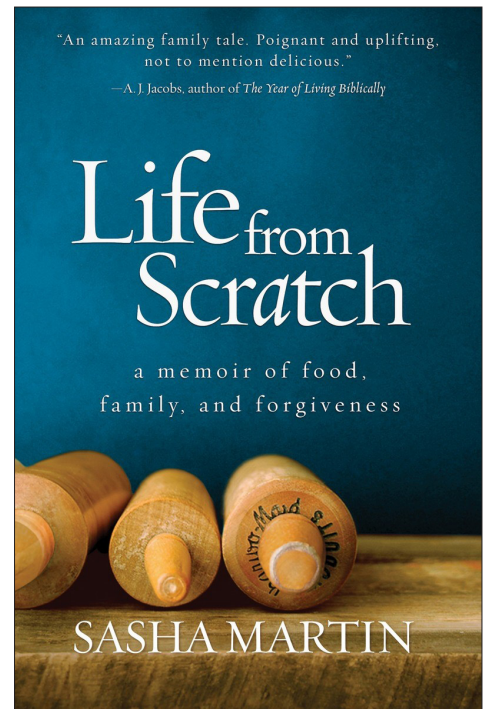


Life from Scratch

a memoir of food,
family and forgiveness.

SASHA MARTIN



It was a culinary journey like no other: Over the course of 195 weeks, food writer and blogger Sasha Martin set out to cook — and eat — a meal from every country in the world.

As cooking unlocked the memories of her rough-and-tumble childhood and the loss and heartbreak that came with it, Martin became more determined than ever to find peace and elevate her life through the prism of food and world cultures. From the tiny, makeshift kitchen of her eccentric, creative mother to a string of foster homes to the house from which she launches her own cooking adventure, Martin's heartfelt, brutally honest memoir reveals the power of cooking to bond, to empower, and to heal — and celebrates the simple truth that happiness is created from within

Sasha Martin is an award-winning writer, blogger, wife and mother who spent almost four years cooking her way around the world. Her work has been featured on *NPR* (*Travel with Rick Steves*), *Whole Living*, *Bon Appetit*, *The Smithsonian*, *The Huffington Post*, and *CNNgo*. Her recipes have been recognized by the likes of Amanda Hesser and *FOOD 52*, and her website, *Global Table Adventure*, is a go-to hub for foodies around the world.

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