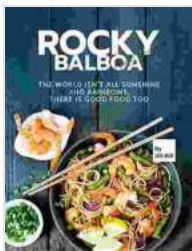


The World Isn't All Sunshine and Rainbows...There's Good Food Too!

A Humorous and Heartwarming Look at the Ups and Downs of Life, with a Focus on the Power of Good Food to Make Everything Better

Life is full of ups and downs. There are days when everything seems to go right, and days when it feels like nothing can go your way. But one thing that can always make life a little bit better is good food.

In her new book, *The World Isn't All Sunshine and Rainbows...There's Good Food Too!*, author Sarah Smith shares her own experiences with the ups and downs of life, and how food has helped her through it all.



Rocky Balboa: The World isn't All Sunshine and Rainbows, There is Good Food Too by Jill Hill

★★★★☆ 4 out of 5

Language : English
File size : 8192 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 95 pages



From the joy of cooking a delicious meal for her family to the comfort of eating a bowl of ice cream after a bad day, Smith shows how food can be a source of joy, comfort, and connection.

The World Isn't All Sunshine and Rainbows...There's Good Food Too! is a funny, heartwarming, and relatable book that will appeal to anyone who has ever experienced the ups and downs of life.

Here's what people are saying about *The World Isn't All Sunshine and Rainbows...There's Good Food Too!*



“Sarah Smith has a gift for finding the humor in life's everyday moments. Her book is full of funny, heartwarming, and relatable stories about the power of good food to make everything better.” - Jenna Fischer, actress



“This book is a must-read for anyone who has ever experienced the ups and downs of life. Sarah Smith's writing is honest, funny, and inspiring. She will make you laugh, cry, and crave a good meal.” - Katie Couric, journalist

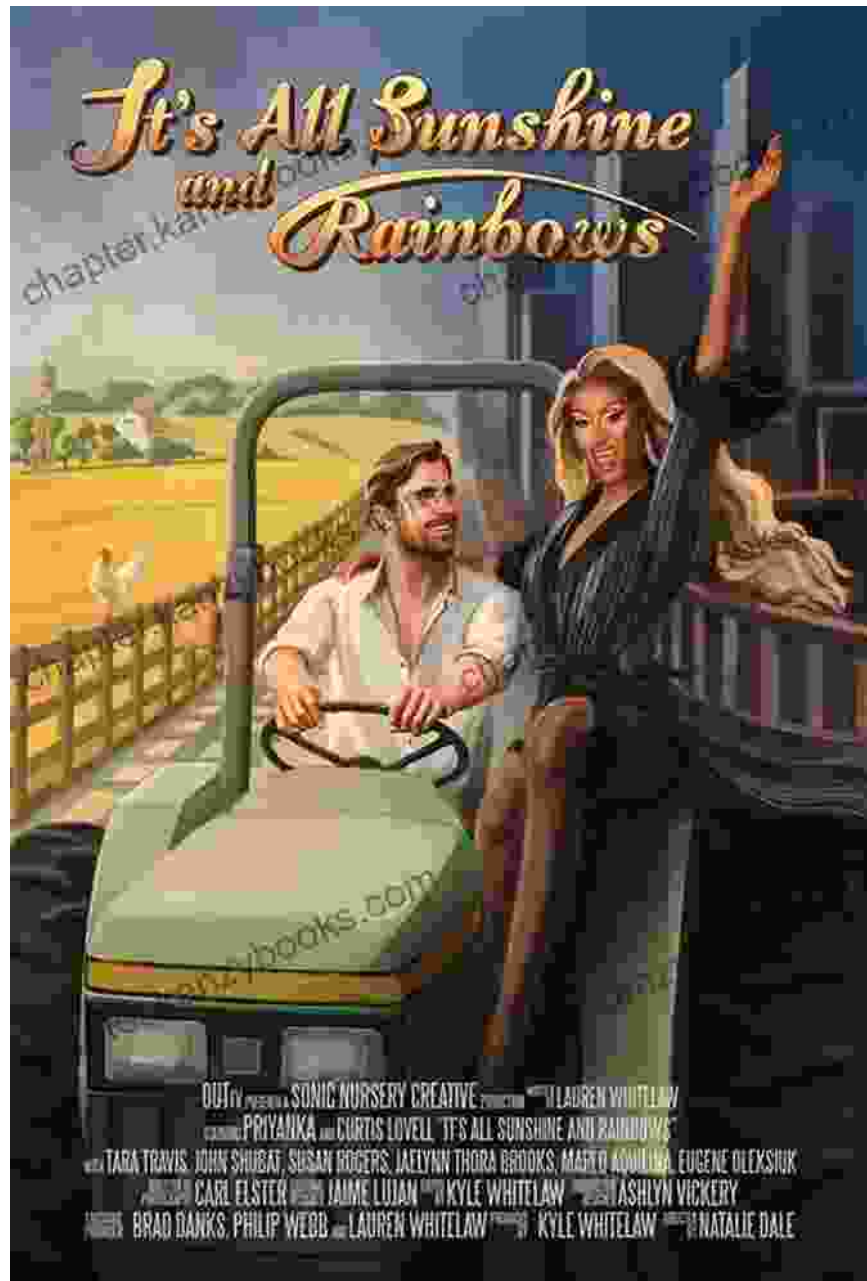


“Sarah Smith's book is a celebration of life's simple pleasures. Her writing is warm, witty, and wise. I highly recommend this book to anyone who loves good food and good company.” - Ina Garten, chef

Free Download your copy of *The World Isn't All Sunshine and Rainbows...There's Good Food Too!* today!

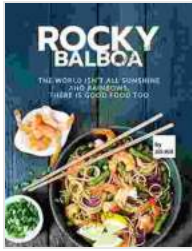
The World Isn't All Sunshine and Rainbows...There's Good Food Too! is available for Free Download at all major bookstores and online retailers.

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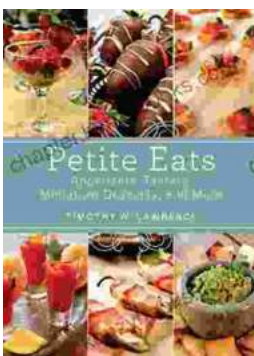


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