



# Recipes for a Nervous Breakdown

*Sophie White*

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## Recipes for a Nervous Breakdown Sophie White

Thirty-something-year-old Sophie White's life *appears* to be going in exactly the right direction: perfect husband, adorable baby, nice house, interesting job domestic bliss. But we all know that life is never that smooth and, more importantly, that your dinner isn't always kale and quinoa.

In this collection of recipes and rants, Sophie shares her life on a plate: from a brush with madness to falling in love; from almost running away from her wedding to getting unexpectedly pregnant (cue a gradual return to crazy); from surviving her mother and her son her arch nemeses and her two favourite people in the world to losing her father in his fifties to early onset Alzheimer's disease.

And eating. Always eating.

Part cookbook, part memoir, part self-help manual, *Recipes for a Nervous Breakdown* is a hilarious and refreshingly honest take on the life of a modern millennial woman the perfect kitchen companion for laughing about the silly stuff, crying about the sad stuff, staring down our own personal madness and getting on with it (all while eating some delicious food along the way).

*Sophie White's first book is hilarious, heart-breaking and honest to the point of astonishment,* The Sunday Independent

*Recipes for a Nervous Breakdown is a genre-crossing gem that mixes memoir, recipes and rants. It's not so much a breath of fresh air as a gale-force wind that will force a new conversation on a range of semi-taboo topics,* The Irish Examiner

'A book that is both beautifully honest and simply delicious' Graham Norton

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Reading can called imagination hangout, why? Because while you are reading a book mainly book entitled Recipes for a Nervous Breakdown your brain will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely will become your mind friends. Imaging just about every word written in a reserve then become one form conclusion and explanation which maybe you never get previous to. The Recipes for a Nervous Breakdown giving you a different experience more than blown away your head but also giving you useful info for your better life within this era. So now let us demonstrate the relaxing pattern this is your body and mind is going to be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

#### **Sue Randall:**

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