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Descargar libro en línea PDF epub mobi Español Come y calla Mónica Naranjo , Querido lector o lectora:

Cuando decidí emprender esta aventura tenía muy claro dos cosas: que compartiría contigo mi humilde experiencia entre los fogones y que aderezaría los platos con algunas de las vivencias que más han marcado mi día a día, con las que no dejo de reírme de mí misma cada vez que las recuerdo.

Este es un libro creado para sonreír mientras cocinas, para que te animes a hacerlo, para que te quieras un poquito más. Es terapéutico, toda una meditación si te concentras. Para mí es la válvula de escape perfecta a mis angustias y a mi estrés

diario. Entro en la cocina y, ¡¡zas!!!, todos los males se disipan, pura magia.

Durante estos últimos meses he intentado reinventar, entre idas y venidas, algunas de las recetas que suelo cocinar para mi familia, transformarlas en platos fáciles de hacer y muy equilibrados para nuestro consumo diario.

Amore mio!! Ahora ya no tendrás la excusa de decir que no sabes cocinar, porque hasta un niño con un poco de voluntad podría preparar estos platos.

Espero que algún día me invites a cenar. Mientras tanto, recibe muchos besos de sabores y colores.

Mónica Naranjo

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