



# Daily Cornbread: 365 Ingredients For A Healthy Mind, Body and Soul

*Stephanie Stokes Oliver*

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# Daily Cornbread: 365 Ingredients For A Healthy Mind, Body and Soul

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**Daily Cornbread: 365 Ingredients For A Healthy Mind, Body and Soul** Stephanie Stokes Oliver  
*Heart & Soul* founding editor Stephanie Stokes Oliver shows African American women how to soothe the soul, satisfy the mind, and revive the body 365 days a year.

Written in an affirming style that is prescriptive but never preachy, fun but not frivolous, *Daily Cornbread* is a day-by-day compendium of Oliver's creative ideas for leading an enjoyable and fulfilling life. On January 2, for example, Oliver suggests taking time out to "get happy" (do something that makes you happy an hour a day); to schedule a personal retreat; and to develop a strategic plan for the upcoming year.

Reminiscent of Sarah Ban Breathnach's *Simple Abundance* and Iyanla Vanzant's *Acts of Faith: Daily Meditations for People of Color*, but with a special emphasis on nurturing the body as well as the mind, *Daily Cornbread* shows African American women how to make each day better.

*From the Trade Paperback edition.*

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