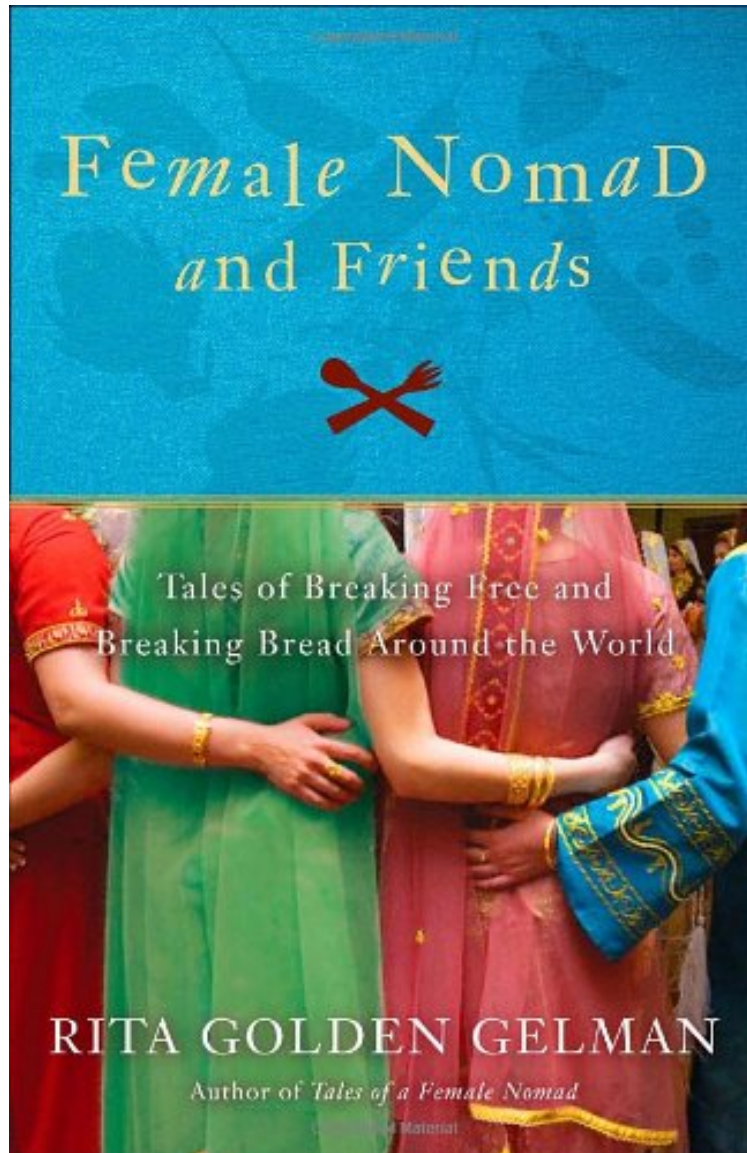


Female Nomad and Friends: Tales of Breaking Free and Breaking Bread Around the World

Rita Golden Gelman

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Rita Golden Gelman : Female Nomad and Friends: Tales of Breaking Free and Breaking Bread Around the World before purchasing it in order to gage whether or not it would be worth my time, and all praised Female Nomad and Friends: Tales of Breaking Free and Breaking Bread Around the World:

0 of 0 people found the following review helpful. Interesting collection of readers' travel tales; proceeds go to a good

cause. By Pippa Hoffman A collection of travel stories from readers of the original "Tales of a Female Nomad," together with recipes gathered en route. Some stories are funny, others sad but the best, in my opinion, are those by Rita Golden Gelman herself, whose subtle self-deprecating humor had me in stitches. The recipes are tried and tested, whereas the stories are largely unedited, making for a broad smorgasbord of voices and styles - worth a read and contributing to a good cause. 1 of 1 people found the following review helpful. Short stories and recipes By Ruth Being a true fan of the Female Nomad book (I think her original traveling book), I kind of bought this on a whim. I'm sure it's good, especially if you're a foodie, but so far I haven't really gotten into it. I haven't read the whole thing yet, but it's been slow starting for me. 2 of 2 people found the following review helpful. Delicious read By Victoria Allman I have devoured this book...in more ways than one. I was lost in its pages and transported from my reading nook to far-off countries with exotic sounding names. These are tales of connecting with different cultures all over the world. I laughed and cried, but mostly felt like we are all connected, no matter where we are from or where we travel to. I was moved directly from reading to cooking the recipes linked to each story. They are as delicious as the words each woman wrote. This is a must read book! Victoria Allman author of: SEASoned: A Chef's Journey with Her Captain

In 1987, Rita, newly divorced, set out to live her dream. She sold all her possessions and became a nomad. She wrote a book about her ongoing journey and, in 2001, insisted on putting her personal e-mail address in the last chapter against all advice. It turned out to be a fortuitous decision. She has met thousands of readers, stayed in their homes, and sat around kitchen tables sharing stories and food and laughter. In this essay collection, Gelman includes her own further adventures, as well as those of writers and readers telling tales of the shared humanity they experienced in their travels. The stories are funny and sad, poignant and tender, familiar and bizarre. They will make you laugh and cry and maybe even send you off on your own adventure. Also included are fabulous international recipes such as vegetarian dolmades (stuffed grape leaves), chiles en nogada (stuffed poblano chiles topped with a white cream sauce with walnuts and a sprinkle of pomegranate seeds), and ho mok (an extraordinary fish-coconut custard from Thailand). Happy reading and bon appetit, selamat makan, buen provecho!

Rita serves up a tasty smorgasbord of stories funny, heartwarming, and quirky. These tales remind us of what we seek in our own life's journey: a meaningful connection with people we meet and joy in finding new friends in unexpected places. Whether you choose to stay home or start packing, these stories will stir you." Maya Frost, author of *The New Global Student Charming* - a wonderful gift for your nomadic friends. The book will inspire you to travel, to cook, and, to get your own stories committed to the page! Julie Conover, *PassportToAdventure.com*, Host Producer Rita and friends take you on a virtual and culinary global adventure that is sure to evoke a range of emotions. A must-read for both the armchair and active traveler. Beth Whitman, author of *Wanderlust* and *Lipstick* guides for women travelers. Rita Golden Gelman's book pulsates with life's flavors both in the stories and the recipes that accompany them. Remarkably, all royalties will be donated through two Rotary clubs to provide scholarships for young adults in a Delhi slum. As a Rotarian myself, I salute Rita and savor her book. So will you. Karin Treiber, PhD, Rotarian, Minneapolis, Minnesota. Thanks to Rita and her friends, the world just got a little smaller. This inspirational book simultaneously illustrates how large and small our global community has become. By sharing recipes, customs, and lives, we are ushered through an exotic world of experiences. John O. Hishmeh, Executive Director, Council on Standards for International Educational Travel These wonderfully poignant stories speak to the inner-nomad in all of us, reminding us of the joy and warmth we feel when sharing laughter, tears, and meals across cultures. Sara LaRosa, Returned Peace Corps Volunteer, Tonga 2006-2008 About the Author Rita Golden Gelman is the author of more than 70 children's books, including *Inside Nicaragua*, which was one of the ALA's Best Young Adult Books of 1988, and *More Spaghetti, I Say!*, a staple in every first-grade classroom. As a nomad, Gelman has no permanent address. Her most recent encampments have been in Mexico and New York City.