



A Taste of Heaven: A Guide to Food and Drink Made by Monks and Nuns

Madeline Scherb

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Madeline had been dreaming about changing her life. But something kept getting in the way. Bills, work, family commitments. Then she had an epiphany. She left New York and traveled for two years to some of the most remote monasteries on earth. She asked one question: What can the rest of us learn from monks and nuns and the life they lead? A Taste of Heaven gives you the answers.

A Taste of Heaven is for you if:

- *You dream of changing your life
- *You need inspiration for following your dream
- *You have put off your dream for years

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