



The Heart of Spain: Families and Food

Donald B. Harris

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La Tienda founder Don Harris gives you a unique look at the food, people and soul of Spain. Whether you are from Spain or just love the country and her food, you will find this book a delight. Beautifully designed, book includes over 100 color photographs. Don Harris has a gift for telling refreshing, meaningful and inspiring stories. Stories of regular people living quietly remarkable lives. Stories filled with emotional depth and understanding, brimming with the rich sights, sounds and smells of life. Spanish life. In this fast-paced era of high tech and long to-do lists, there is much we can learn from the Spanish approach to life. This insightful collection of essays will help you: Immerse yourself in the grace and warmth of Spain and her people, be inspired by stories of resilience, dignity and generosity, and learn about families who continue food-making traditions that go back generations.

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