

Cooking My Way through My Husband's Midlife Crisis

Arleen Martin Lloyd



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When, after 27 years of marriage, executive chef Arleen Martin Lloyd finds herself amongst the landmines of her husband's midlife crisis, she struggles to find equal footing during a precarious journey which threatens to turn her into a cliché. Searching for solace, she decides to ride out the storm inside the comforting walls of her kitchen doing what she knows best. Subscribing to the belief that food can heal all ills; she cooks and bakes her way through each and every turn of this catastrophic passage which eventually changes her and the life she has known.



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