



# **In Buddha's Kitchen: Cooking, Being Cooked, and Other Adventures in a Meditation Center**

*Kimberley Snow*

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Snow offers an outrageously funny and honest account of her adventures as head cook at a Tibetan Buddhist retreat center. With her earthy sensibility and sharp sense of humor, the author shows this world in a light devoid of preciousness—while expressing with heart the integrity of the spiritual work being undertaken. We come away from our visit to this exotic realm having found it both extraordinary and surprisingly familiar. The neuroses, obsessions, and petty concerns exposed by Snow—both in herself and her fellow staff members—prove to be grist for the mill for discovering the grace inherent in life just as it is.

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