



A Taste of the Life Lessons from

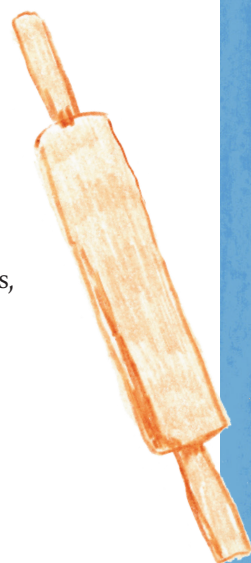
THIS IS NOT a COOKBOOK

By Chef Flynn McGarry; Illustrated by Adil Dara



You probably know many of these ideas—but here are my TOP TEN

1. Most art forms require tools and specialized skills.
2. Conformity is one of the great enemies of creativity.
3. It can take years to realize a creative dream.
4. One of the best ways to inspire creativity is to identify your problems, prejudices, and dislikes and use them to create something that brings you joy.
5. In many ways, food is related to art and design. All three rely on the same basic principles in the creative process.
6. Nature is the center of many art forms. The colors inspire paintings. The sounds inspire music. The flavors inspire food.
7. Community is an essential part of any craft. Be it coworkers, family, or friends, having a network of people you can rely on can make a huge difference.
8. As I started to look for beauty in natural imperfection, I found my style of food changing, as well as my attitude toward it.
9. The creative process is filled with reinvention: even after you reach the goal you've set for yourself, there will continue to be endless things to create.
10. All I needed to open my eyes to creativity was a spoon instead of a paintbrush.



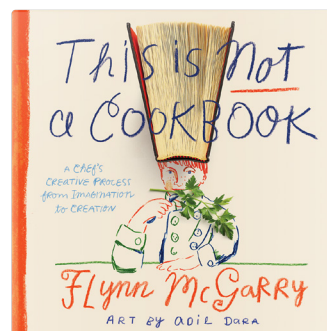
NOW OVER TO YOU — Let your creativity flow!

***“Like a well-plated meal,
this whimsical book will find its reader,
who will savor it to its last morsel.”***

—Kirkus Reviews



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