



Healing with Handmade Bread: From Start to Finish in Just Two Hours

Kathy Summers

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Author Kathy Summers has made handmade bread almost every day for thirty-six years. She and her husband raised a family of nine children, who are mostly made of handmade bread. She has taught hundreds of people how to make bread. Many say it is the best bread they have ever eaten, and the first time they have been successful making bread. Halfway through writing her book, Kathy discovered she had breast cancer. As she recovered, one of the first things she did was to make bread again. She realized what a gift it would be if women with breast cancer learned to make handmade bread to help their physical, mental and spiritual healing. In *Healing with Handmade Bread*, Kathy includes tips she learned dealing with breast cancer and some of her journal entries. "Welcome to the world of beautiful handmade bread: the feel, the smell, the taste, the quietness and the sharing."

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