

Stronger

Healthier

Happier

# SUNDAY MORNING

## WITH JOANNE

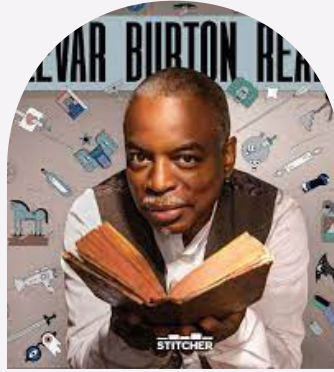
### JANUARY 28, 2024



### EAT

#### 40 CLOVES & A CHICKEN

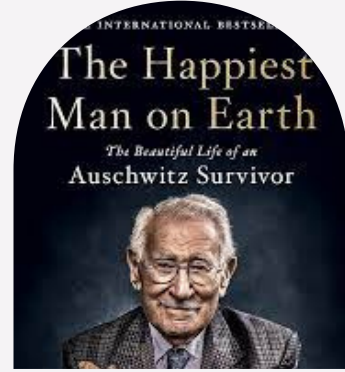
Low and slow cooking transforms this garlic-filled chicken dish into a golden brown, juicy braise. This recipe is classic European peasant fare and might have the added benefit of warding off any potential vampire problems as 40 cloves may seem...well, excessive. But when cooked into the chicken, the garlic becomes smooth and sweet and produces an aroma that wraps the kitchen like a hug. I usually serve with a Caesar salad and plenty of crusty bread (to sop up the juicy braise, of course!).



### LISTEN

#### LeVAR BURTON READS

This is a book in a podcast. As great as audiobooks are, they don't always capture that warm and fuzzy feeling of having someone read (seemingly) just to you. This *Reading Rainbow* for grown-ups brings you back to that cozy place, as LeVar Burton reads short stories by both classic and contemporary authors. The show adds music and sound designed with the goal of transporting the listener to another place and time. Burton's voice envelops you like a blanket. GREAT way to lull yourself to sleep. Bedtime stories worked wonders for our children!



### READ

#### The Happiest Man on Earth

I have read numerous books about Nazi Germany but none with such a paradoxical title as this. How can a man self-identify as intensely happy and boast a beautiful life after having survived such a horrific experience for 7 years? Eddie Jaku was a happy, intelligent teenager of Jewish descent from the town of Leipzig, Germany when his world was turned upside-down. Despite all he suffered, Eddie calls himself the "happiest man on earth" speaking about the power of kindness, tolerance, hope, gratitude and love. "Life is beautiful if you make it beautiful."

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