



The Joy of Family Rituals: Recipes for Everyday Living

By Barbara Biziou

Cosimo Books. Paperback. Book Condition: New. This item is printed on demand. Paperback. 196 pages. FAMILIES PERFORM RITUALS each day without knowing it. Celebrating birthdays, eating a meal together, taking daily walks to the park, making French toast on Sunday mornings, donating to the homeless during the holidays; all are examples of the rituals families use to become closer and strengthen their bond. The Joy of Family Rituals is a recipe book for families who wish to enrich their lives with rituals by reflecting on their significance and making them a part of daily life. Rituals can help a family communicate, foster spiritual connections, and provide a secure foundation for growth. The Joy of Family Rituals makes it easy to incorporate rituals into family life. Barbara Biziou explains the meaning and history of each ritual, many of which date back to our ancestors, and gives advice on purpose, timing, ingredients and follow-up. Biziou encourages readers to adjust the rituals and introduce their own traditions to suit the family's needs. Finally, each ritual contains a true-life story of how it has affected a family, providing a template for ways in which your family's life might also be enriched and strengthened. Consciously...



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