



# **Cook Your Way to Love & Harmony**

*Agus Ekanurdi , Frida Antony (With)*

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## **Cook Your Way to Love & Harmony** Agus Ekanurdi , Frida Antony (With)

If you're looking for a simple, heartfelt way to get closer to your loved ones and improve any relationships, you need to read this book now. Reading this book will help you understand how important 'the little things in life' truly are. It helps you: Understand the importance of a simple meal Show your love for your family, friends, or loved ones in non-material ways Learn how to manage stress, difficult topics, or situations like credit card debt Let your actions speak to your family, friends, or partner louder than words ever could Mend your failing relationship in subtle and non-obvious ways Enjoy over a dozen authentic recipes to try out with your loved ones

Solid relationships are built on trust, honesty, and care, and 'Cook Your Way to Love & Harmony' showcases this in a spectacular fashion through the viewpoint of Agus, loving husband to Frida, you're given a front-row seat into his marriage, including every unexpected turn in the roller-coaster ride that is married life.

Nothing is left secret, as we see how Agus and Frida manage problems most relationships are faced with today, and the lovingly-made meals that helping to spur them forward on their journey through marriage.

With each chapter revolving around a specific meal that marks a decisive point in their lives, you too can read along and see how cooking has helped their relationship - and potentially yours too. Over a dozen South-East Asian inspired recipes are included with the book alongside charming drawings, pictures, and stories to go with them.

An entertaining and often deeply introspective journey into the head of a married man trying to do his best by his wife - a heart-warming read that will have you wondering what you've done lately to show someone you care.

## About us

We are Agus Ekanurdi and Frida Antony, and we have been happily married since 2011.

'Cook Your Way to Love & Harmony' is our first book, written in honour of Agus' late father, So Kong Hoo, who passed away in 2012. He taught Agus the power a home-cooked meal has on both relationships and lives, and we want to share this special message with you.

You will feel inspired, uplifted, and warmed; just like we've been throughout our own relationship and marriage journey. Inside our book, we share some of the most intimate moments of our lives and the home-cooked meals and recipes that helped shape our relationship to where it is now.

## From the Reader

"Agus & Frida have written a book that will apply to everyone - no matter what age, or what type of relationship. Fundamentally, it shows a married couple through the ups and downs of their marriage, and how cooking, a simple yet caring and deliberate act, can strengthen and focus any bond. For those looking to work on relationships in a subtle, and natural way, it's a must read - the recipes are also a lot of fun, mostly covering South-East Asian cuisine." James C. Steadman

From the Authors

"This book is about our personal journey in home cooking, a journey which we hope will inspire others to cook as a tool to improve their relationships. We hope that people will relate to the stories in this book, and see how relationships between spouses can grow and develop through care, communication, & of course, cooking."

From the Inside Flap

"She loved the way I talked with firm and encouraging words. I loved her sparkling eyes and face full of smiles and fun. In 2010, I proposed and Frida, my Ahbee, accepted.

At the time, I believed that marriage was a simple thing- just get to a wedding and then live together under one roof. Every weekend go to the cinema and malls. Shop together, eat together, and laugh together. That's it. Nothing complicated. I said to myself, I will just have fun with it.

Frida accepted, and we were married in May 2011. Soon after, I learned the hard way that marriage was not as simple a thing as I'd thought it would be..."

## **Cook Your Way to Love & Harmony Details**

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# From Reader Review Cook Your Way to Love & Harmony for online ebook

## Kay says

This book wasn't the cook book I was expecting although there are a few recipes included but more a memoir, at least of life so far, of a young man who ties his major life lessons into the love and mindfulness embodied in cooking fresh food for others. From his father's example of when he was a small boy who wouldn't eat to finding food combinations to please his wife, the author praises family memories of dishes and embraces learning new simple techniques of combining fresh ingredients. I enjoyed reading this and appreciate the ideas. Since the author is from another part of the world, I especially enjoyed his spice and ingredient combinations and his emphasis on how people from different background enjoy different types of flavors such as sour over sweet (not to mention this couple likes serious heat in their food). The print was super small on my Kindle edition which I read on a smart phone but I enjoyed the little drawings. The recipes are presented more as drawings than actual recipes to give readers the opportunity for their own adjustments I guess and to illustrate the life lesson involved. The result is a sweet (seasoned accordingly) book.

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## Julie says

A little boring. Author repeats himself too much. Also, I think the title is a bit misleading.

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## Bruce Perrin says

Cooking May Be Just the Recipe for Peace and Harmony

“Of course, many activities that we do for and with our spouses develop organic unity, but I am a cook, so let’s talk about cooking...” Agus and Frida did not write these words until Chapter 9, but in many ways, I believe they could have started with book with them.

For me, anyway, this book is symbolic, rather than prescriptive. That is, it shows us one path – through cooking – to develop a healthier self-image and stronger relationships with our spouse and family. But at the same time, there is great variation among individuals. And, there are significant differences among couples, and what they need to do in order to grow and mature. Agus and Frida took their own predispositions and tendencies into their marriage, and they found harmony through cooking. And certainly, cooking and eating are centerpieces of our lives, so that they may be nearly universal as foundations on which maturation may occur. But I also believe there are other bases for growth as a couple – gardening, home renovation, outdoor recreation, hobbies, and the like.

So, for all of those with an inner, unrealized cook under their skin – and perhaps for some of the budding landscape architects or secret stamp collectors – cooking for friends and family may be just the recipe, making Cook Your Way to Love and Harmony a must read.

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## Clare O'Beara says

Having recently read 'Krakatoa' I was delighted to come across a memoir from Java, Sumatra and Singapore, this crossroads of the world. Just as in the historical story of the volcano, this book apparently about cookery contains far more depth and breadth than at first glance.

Agus relates with refreshing honesty and lack of ego how he was raised by a kind, poor family who indulged his dislike of adult food and worried about his health. His evenings of eating simple omelettes cooked by his father were among the happiest times in his life. Later he met and married a lovely young lady who with typical Eastern politeness did not want to argue with her husband over his excessive spending. Agus thought consumer goods and restaurant dining would make her happy, but Frida was wise enough to know that debts have to be paid.

I also saw parallels to 'Chocolat' and 'Like Water For Chocolate' as food preparation became a growing part of their marriage and happiness. The recipes become more complex as Agus grows in confidence, and he imparts wisdom: winners see a challenge as something to make them stronger and more accomplished, while losers see challenges as impossible to overcome, just from habit. We can change the way we think and behave. We can cook - or live, or love - successfully.

Recipes and little drawings enliven the text, varying from spicy guacamole to chicken cooked with maple syrup, which I'm wondering if I'm brave enough to try, and aloo gobi. I know that when I am on my own I am not keen to cook much, but when I cook for my husband, or he cooks for me, we are often inspired to try something new or special. Seeing the other person's enjoyment, and gaining feedback about the recipe, makes cookery rewarding.

Agus and Frida also gradually explain some of the science of cooking, such as the five tastes, three staples, or benefits of different herbs and spices. The preparation of cold pressed olive oil and organically grown fresh foods are a part of this, just as good cookware and managing to avoid burning the food are kitchen essentials. While each half of this couple had a distinct taste preference based on how they were raised, they managed to find recipes that would balance the cultures and please both of them in one dish. Tribute is paid to some cookery icons. But we are reminded that Agus gained his love and respect for cooking from his father, and he chose to revere this memory by carrying on the family tradition.

The book 'Cook Your Way To Love And Harmony' is easy to read, with many life lessons, and will be enjoyed by men or women. Recipes include meat or egg dishes but vegetarians can also find or adapt some of them. The English is excellent throughout and even my sharp eyes did not find a single proofreading error. Enjoy. I'm off to buy some salmon steaks and rice wine!

A gift copy of this Kindle book was supplied by the author for an unbiased review.

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## Martin Perks says

At first I wasn't quite sure what to make of this book, using cooking recipe's to help put across advice for people having trouble with their relationships. Actually there are lots of mouth watering recipe's here, that

when I've got the time I shall try myself. The advice given is sound and practical. The two subjects go well together like port and lemon. Never has the saying 'The way to a man's heart is through his stomach' been more apt. I highly recommend this book.

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### **Del Millers says**

Originally I thought this was just going to be a cookbook, but it's not. It's a very heart-warming story about love, family, tradition with some good old-fashioned family recipes thrown in the mix. Also some very nice illustrations and words of wisdom. Overall, a very enjoyable read.

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### **Arden Banks says**

It was hard to put down, but I did put it down...to cook a homemade meal for my spouse...and then I picked it up again. I found the relationships described in the book to be endearing, and the home cooked meals were inspirational. I walked away with a recipe for maple chicken, guacamole, and steak wraps amongst other things and not necessarily in that order.

You could feel the love that went into the writing of this book.

It also inspired me to continue to cook from scratch whenever possible, and one day teach the next generation how to cook from scratch and with love.

Ekanurdi gave us a list of ingredients for each recipe, but he also gave the ingredients to a happy life and strong personal relationships.

I'm glad I didn't miss this well written, authentic, foodie inspired creation!

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