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The Wine Sense Diet

Annette Shafer

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The Wine Sense Diet

Annette Shafer

The Wine Sense Diet Annette Shafer
The most recent wine and health research reveals that wine can have multiple health benefits. Throughout the pages of this book, Annette Shafer explains how to stop cutting calories and instead embrace a natural and healthy way of life. She brings alive the treasured and joyous traditions of gathering with family and friends around the dinner table, taking time to savor delicious food, and appreciating good wine and good company. And she gives us a seat at the kitchen table of some of Napa Valley's most famous winemaking families.

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