

It Started As a *Culinary Journey*,  
But Led To Much More.

“An amazing family tale. Poignant and uplifting,  
not to mention delicious.”

—A. J. Jacobs, author of *The Year of Living Biblically*

# Life from Scratch

a memoir of food,  
family, and forgiveness



SASHA MARTIN

*How One Woman Cooked Her Way to Happiness and Self-Acceptance*