



A Delicious New Year's Resolution For You and Your Kitchen!

New Year's resolutions hardly seem worth the effort anymore. For sure, we start off with good intentions, but sooner or later reality sets in. We discover there's actually *work* involved to keeping those resolutions. It's easier to throw in the towel than to make an effort.

A few years back I discovered the solution. Make a resolution that is *worth* the effort. I decided I would schedule one day-spa visit per month. "Schedule" was the operative word. I booked the appointment, scheduled it in my calendar, and promised not to book over it, or change it or do any of those things that would put *me* in second place... to anything, or anyone! Now, my regular trips to the spa are part of my planning activities. I've learned how important it is to give myself a regular dose of time, relaxation, and indulgence.



This year I intend to do the same thing. Only instead of a spa, I'm choosing to make a commitment to indulging myself in my kitchen, where I can improve my kitchen skills and techniques, along with my recipe collection and the tools I use. For fun, I'm inviting my friends, clients and subscribers to join me. Each month I'll be tackling new recipes, along with new ingredients; a new technique or skill, and I'll happily acquire the tools that make the job easier.

As an added bonus, each month I'll host a free tele-seminar on the month's lessons. You'll have a chance to hear my comments, ask questions, and share your own experiences. Each month our Newsletter, [*e-Haute Cuisine*](#), will contain all the details you need to participate: recipes, information and the date, time and call in number for the tele-seminar! Our tele-seminars will be recorded so you can always go back and listen in again. Now, more than ever, it's easy with [*There's a Chef in My Kitchen*](#).

courtesy of www.TheresAChefInMyKitchen.com