



The Fart Without Fear Cookbook

Wayne Chen, Gary Goss

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Fart Without Fear: Comfort Food for Uncomfortable Times is the world's first laugh-out-loud, instantly useable, self-improvement comfort food cookbook. Find out what uptight politically correct chefs, nutritionists and scientists have known for years but haven't told you. Think fried chicken, macaroni and cheese, meatloaf, and Boston baked beans; this cookbook for everyone includes more than 70 low- to no-odor producing comfort food recipes. Complete with a unique rating system, favorite recipes, special menus, and fun facts, *Fart Without Fear* will show you how to eliminate odors but not the flatulence caused by your family favorites - all without sacrificing the flavor, joy and fun they evoke.

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