

What are you grateful for?

With locations in San Francisco, Berkeley, Marin, and Los Angeles, Café Gratitude has become well known for its inspiring environment and distinctive, flavorful organic foods. In *I Am Grateful*, cofounder Terces Engelhart presents her and her husband Matthew's view of life and business philosophy. She also presents her story of personal healing, sharing highlights of her recovery from food addiction while explaining the benefits of an organic lifestyle. The book's gorgeous, full-color photographs accompany easy-to-follow recipes for the café's most popular items, making it easy for readers to prepare live foods at home. Recipes include café favorites such as the "I Am Luscious" raw chocolate smoothie, "I Am Bountiful" bruschetta, "I Am Elated" spicy rolled enchiladas, and "I Am Amazing" lemon meringue pie with macadamia nut crust.



"I spend a lot of time on the road and eat in a lot of restaurants, but every time I return to San Francisco I go to Café Gratitude to recharge. Not just on the amazing food but also on the energy of the staff and the practice of abundance that Matthew and Terces bring to everything they do. They have affected my life in a profound way!" —MICHAEL FRANTI, musician and filmmaker

"In *I Am Grateful*, Terces Engelhart, one of the most extraordinary restaurateurs of our time, delivers more edible joy than we could have previously imagined. Now you can bring the magic of Café Gratitude directly into your home and feed yourself, your friends, and your family these delicious dishes and meals." —DAVID WOLFE, author of *The Sunfood Diet Success System*, *Eating For Beauty*, and *Naked Chocolate* and founder of the Fruit Tree Planting Foundation

"Whenever we are in San Francisco, Café Gratitude is always our first stop. We eat all our meals there and always leave feeling fulfilled and appreciative that such a place exists. Matthew and Terces are the purest spirits and have raised the bar for what a restaurant can be—a culinary experience with a spiritual lift." —WOODY HARRELSON and LAURA LOUIE, environmental activists and co-founders of VoiceYourself



I Am Enrolled

I Am Elated



North Atlantic Books
Berkeley, California

www.northatlanticbooks.com

US \$27.95 / \$35.95 CAN

ISBN-13: 978-1-55643-647-5

US \$24.95 / \$32.00 CAN

ISBN-13: 978-1-55643-647-5

