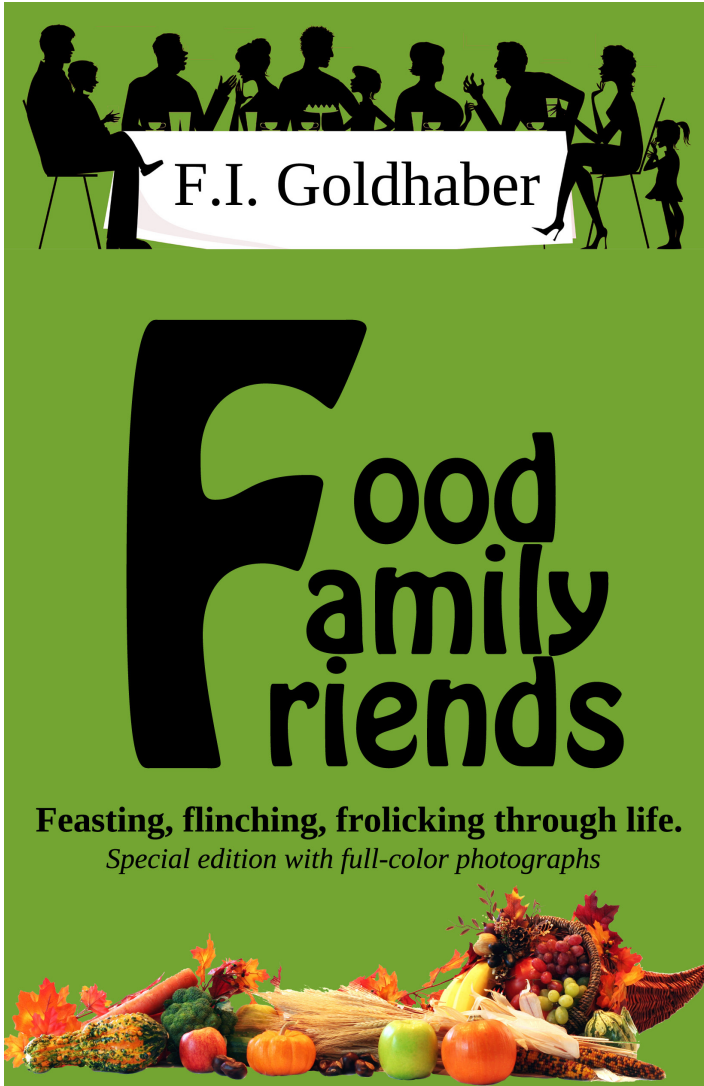


# Food ♦ Family ♦ Friends

Feasting, flinching, frolicking through life.



What food you eat, whether your family nurtures or abuses you, and how friends fit into your life determine whether you live in despair or delight, cringing or cavorting through your days. The poems in *Food ♦ Family ♦ Friends* capture the marvelous and the malignant of all three.

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## About the Author

As a reporter, editor, business writer, and marketing communications consultant, F.I. Goldhaber produced news stories, feature articles, essays, editorial columns, and reviews for newspapers, corporations, governments, and non-profits in five states. Now, her poetry, fiction, essays, and reviews appear in paper, electronic, and audio magazines, books, newspapers, calendars, anthologies, and street signs.

In addition, F.I. shares her words at events throughout the Pacific Northwest and on the radio. She appeared at venues such as Wordstock, Oregon Literary Review, PDX SynesthiA, bookstores, libraries, and community colleges; gives presentations on subjects as diverse as marketing, writing erotica, and building volunteer organizations; and taught Introduction to Indie Publishing at Portland Community College.

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