

# Everything Is Under Control: A Memoir with Recipes

In her debut memoir, *Everything Is Under Control*, Phyllis Grant tells the story of her lifelong struggle with anxiety and the recipes that helped her find her way back to herself.



## Everything Is Under Control: A Memoir with Recipes

by Phyllis Grant

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1165 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 258 pages
Paperback	: 248 pages
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Dimensions	: 6 x 0.62 x 9 inches



Grant's writing is both honest and humorous, and she doesn't shy away from the difficult details of her experience with anxiety. She writes about the panic attacks, the intrusive thoughts, and the constant feeling of being on edge. But she also writes about the ways she found to manage her anxiety, including cooking, yoga, and meditation.

Interspersed throughout Grant's narrative are recipes for the dishes that have helped her through her darkest times. These recipes are simple and approachable, and they offer a comforting and nourishing way to cope with anxiety.

*Everything Is Under Control* is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with anxiety. It is a story of hope and resilience, and it shows that even in the darkest of times, there is always hope for a better future.

## **Excerpt**

"I remember the first time I had a panic attack. I was in my early twenties, and I was driving home from work. I was feeling stressed out about a project at work, and I was worried about my relationship. I started to feel short of breath, and my heart started to race. I thought I was having a heart attack.

I pulled over to the side of the road and called 911. The paramedics came and checked me out, and they said I was fine. But I didn't feel fine. I felt like I was going crazy.

I went to see a doctor, and he told me that I was having a panic attack. He explained that panic attacks are a common symptom of anxiety, and that they can be caused by stress, anxiety, or even certain medications.

He gave me some medication to help with my anxiety, and he recommended that I see a therapist. I started seeing a therapist, and she helped me to understand my anxiety and to develop coping mechanisms.

One of the things that helped me the most was cooking. I found that cooking was a relaxing and therapeutic way to de-stress. I would often cook when I was feeling anxious, and it would help me to calm down.

Cooking also helped me to connect with my body and my senses. When I was cooking, I would focus on the smell of the food, the taste of the food, and the feel of the food. This helped me to ground myself and to feel more present.

Over time, I started to feel more in control of my anxiety. I still have panic attacks from time to time, but they are less frequent and less severe. I have also learned to develop coping mechanisms that help me to manage my anxiety on a daily basis.

Cooking is one of the most important coping mechanisms that I have. It is a way for me to relax, to de-stress, and to connect with my body and my senses. Cooking has helped me to manage my anxiety and to live a more fulfilling life."

## **Recipes**

In addition to her memoir, Grant also includes a collection of recipes in *Everything Is Under Control*. These recipes are simple and approachable, and they offer a comforting and nourishing way to cope with anxiety.

Here is a recipe for one of Grant's favorite dishes:

### **Creamy Tomato Soup**

Ingredients:

\* 1 tablespoon olive oil \* 1 onion, chopped \* 2 cloves garlic, minced \* 2 cans (14.5 ounces each) diced tomatoes \* 1 cup chicken broth \* 1/2 cup heavy cream \* 1/4 teaspoon salt \* 1/4 teaspoon black pepper

### Instructions:

1. Heat the olive oil in a large saucepan over medium heat. 2. Add the onion and garlic and cook until softened, about 5 minutes. 3. Add the tomatoes, chicken broth, salt, and pepper. Bring to a boil, then reduce heat and simmer for 15 minutes, or until the tomatoes have softened. 4. Puree the soup in a blender until smooth. 5. Return the soup to the saucepan and stir in the heavy cream. Heat until warmed through. 6. Serve with a grilled cheese sandwich or a side salad.

This recipe is just one of many that Grant includes in *Everything Is Under Control*. Her recipes are simple and nourishing, and they offer a comforting way to cope with anxiety.

*Everything Is Under Control* is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with anxiety. It is a story of hope and resilience, and it shows that even in the darkest of times, there is always hope for a better future.



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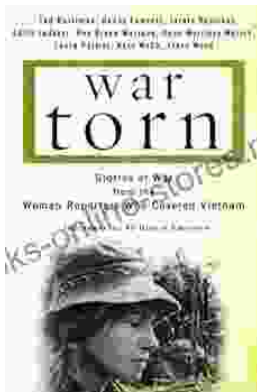
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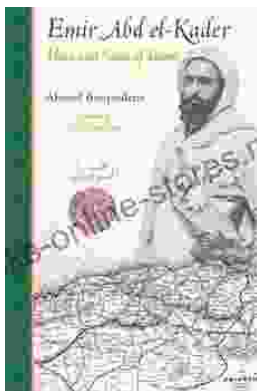
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