



Cindy Cashman

Recipes  
for  
Everyday  
Abundance

STRENGTH  
ENERGY  
PEACE  
COURAGE

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for  
Everyday  
Abundance

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## Also by Cindy Cashman

*The Million Dollar Question Handbook: Are You Asking the Right Questions?*

*As a Woman Thinketh*

*The Answer: 8 Steps to Create the Life You Love.*

*Everything Men Know About Women*

(The worldwide best-seller written under the pseudonym of Dr. Alan Francis in consultation with Cindy Cashman).

# Table of Contents

Table of Contents ..... 5

1. Introduction ..... 6

2. Equipment You’ll Need..... 7

3. Equivalents ..... 8

4. Appetizers..... 9

    Recipe for Energy..... 10

    Recipe for Appreciation ..... 11

About the Author ..... 14

## 1. Introduction

It doesn't matter if you're a gourmet cook or a beginner still struggling with macaroni and cheese from a box. It doesn't matter because the recipes in this book require no cooking skills at all (although if you know how to boil water, you might enjoy a nice cup of tea as you read through them.)

Instead of delicious meals, the recipes included here are meant to help you cook up a delicious life – one full of happiness, peace, achievement, forgiveness, confidence, and laughter. A life that so many of us want and so few of us feel we have.

The purpose of these recipes is to provide some simply and easy-to-use steps for taking responsibility for your own life. After all, life is much like a wonderful dinner – if made properly, it will nourish us, satisfy us, and fill us with the energy we need to not only live, but to live fully and well.

## 2. Equipment You'll Need

You can't bake a cake without the proper tools – bowls, beater, spatula, oven, potholders, etc. And you can't cook up the life you want if you don't first have the equipment necessary.

Before using the recipes in this book, you should have:

- An open heart
- A receptive mind
- A willing spirit
- Time and patience
- Good friends
- A safe, quiet place where you can be alone with yourself
- A favorite outdoor spot to enjoy nature
- A journal
- A plentiful supply of thank you cards and notes
- Movies, books and people who make you laugh

### 3. Equivalents

Sometimes you don't have exactly the right ingredients for the recipe you've started. Rather than running out to get what you need or starting over with another recipe, you can make some substitutions.

Use these handy charts to determine what will and won't work:

5000 handshakes don't even equal 1 hug  
3 phone calls to a friend = 1 face-to-face conversation  
50 letters/cards = 1 visit  
1 smile = 10 words of welcome  
60 seconds belly-laughing = 60 seconds on a rowing machine

It takes:

30 minutes of quiet to make up for 1 day of frenzy  
12 sincere positive self messages to make up for 1 negative self message  
10 minutes of standing in the rain to wash away a whole day of stress  
10 or more sincere compliments to make up for 1 criticism  
11 steps forward to make up for 1 week of procrastination  
Helping others to forget about your own problems



## **4. Appetizers**

Whether cooking up a life for one or for many, appetizers are a delicious way to start and they make everything more fulfilling. Serve these first to warm things for the main course. Just remember not to fill up on them and ruin your appetite!

## Recipe for Energy

### Ingredients:

- Liberation
- Imperfection
- Enthusiasm
- Exercise

### Instructions:

1. First, remove the seeds from your life. The seeds may be difficult to recognize – sometimes they take the form of unnecessary clutter, toxic people, or incomplete tasks. Large seeds may need to be cut out one at a time, while smaller ones can be removed together. Once these seeds are removed, you'll feel liberated, recharged, and ready to start cooking.
2. Once you have added the proper ingredients, put the lid on and let the pot sit. You have to accept that no soup is perfect, there is always more that you could do. The question is, is it worth your energy to spend all day in the kitchen slaving over unattainable goals, or is it better to go out and enjoy life, accepting and enjoying imperfect soup and imperfect life?
3. Don't let your enthusiasm cool. When you find activities that spark your interest, your energy naturally rises. As long as your life is filled with projects that keep your juices going, your energy will bubble over onto everything else you do.
4. Stir the pot often and with intensity to keep your body in good shape. Then, when the meal has been served and you are satisfied, go for a long walk or bike ride.

### Serves:

Those whose spirit needs recharging.

## Recipe for Appreciation

### Ingredients:

- Optimism
- Gratitude
- Thanks
- Selflessness

### Instructions:

1. Pour plenty of optimism into your life. When you choose to find the good in every situation, you'll be more appreciative of everything – good and bad. Because like a failed angel food cake that is recycled into a delicious trifle, even those things that don't turn out as we expect can provide us unexpected goodness.
2. Season your life with gratitude for all the things you already have. Make a list and post it on the refrigerator, right next to your grocery list. Add to it regularly.
3. Sprinkle a little thanks onto everything. It's one thing to feel grateful and another to express that gratitude with thanks to those who have made your life more joyful. Don't forget to thank people from your past who gave you the skills you have today to cook up the life you want – your parents, teachers, old friends, etc. And, of course, be sure to share your thanks with all the wonderful people in your life today.
4. Staring at a pot won't make it boil and it won't make you feel satisfied. Instead of focusing on things that aren't cooking properly in your life, start cooking up good things for those who are not as fortunate as you. Volunteer to plant trees, help families, build houses. When you take your focus away from yourself, you get a better appreciation for all of life.

### Serves:

To make you happier about what you already have.

**Why wait for a meal to say grace?  
Why not give thanks whenever the  
spirit moves you?**

## **This was just a preview**

The following are the remaining recipes that were omitted from this preview:

- Recipe for Confidence
- Recipe for Achievement
- Recipe for Laughter
- Recipe for Decisiveness
- Recipe for Simplicity
- 5. Soups and Sauces
  - Recipe for Communication
  - Recipe for Visualization
  - Recipe for Courage
  - Recipe for Intuition
  - Recipe for Action
  - Recipe for Tenacity
- 6. Main Dishes
  - Recipe for Peace
  - Recipe for Love
  - Recipe for True Wealth
  - Recipe for Happiness
  - Recipe for Relationships
  - Recipe for Respect
  - Recipe for Forgiveness
  - Recipe for Raising Children
  - Recipe for Marriage Stew
- 7. Desserts
  - Recipe for Creating Miracles
  - Recipe for Creativity
  - Recipe for Fun
  - Recipe for Finding More Time for What's Important
  - Recipe for Friendship
  - Recipe for Surrender
  - Recipe for Celebration

## About the Author



**What type of creativity does it take to sell over a million copies of a blank book?**

That creativity is embodied in Cindy Cashman –entrepreneur, intuitive business coach, and professional speaker. Since her start as an author and entrepreneur, Cindy has published 12 books and has sold millions of copies, including the world wide best seller [Everything Men Know About Women](#)

(written under the pseudonym of Dr. Alan Francis) making her one of the most successful and creative self-publishers in the country. Her books are available in over fifteen countries and ten languages.

Also by Cindy:

[As a Woman Thinketh,](#)

[The Million Dollar Question Handbook: Are You Asking the Right Questions?](#)

and [The Answer: 8 Steps to Create the Life You Love.](#)

To sign up for the complimentary question of the week and receive questions that have the power to change your life, visit:

[www.CindyCashman.com](http://www.CindyCashman.com)

Watch videos of Cindy at: [www.CindyCashman.com/videos/](http://www.CindyCashman.com/videos/)

Do you want to make more money and have fun doing it? Cindy is available for one on one coaching for companies and individuals where she provides powerful questions to help you discover things about yourself, your business, and your life.

[www.CindyCashman.com/coaching/](http://www.CindyCashman.com/coaching/)

## Recipes for Everyday Abundance

Cindy writes and speaks to audiences worldwide on Sales, Marketing and Intuition. Her stories inspire and motivate, while her questions stimulate audiences to tap into their natural talents.

To book Cindy to speak to your organization visit:

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