

A nurse's tribute to her mom...



As a tribute to her mom, "The Seven Gifts of Loving Kindness" by San Rafael Emergency Department Patient Care Coordinator Claire Perryman RN, BSN, PHN, ACM, shares spiritual gifts and recipes made by her mom's unconditional love and kindness.

According to Perryman, the book published earlier this year is "My inspirational inheritance and sharing of mom's favorite recipes." It celebrates the memory of her mom, a very humble, gracious, compassionate, encouraging and supportive stay at home mom, who found cooking and sharing healthy and homemade food to be an important way to connect with family, friends and neighbors.

Although delicious recipes, it's not just about the peach cobbler – the book is about the love that went into making it. "When someone gave my mom peaches, she would make cobbler to give thanks to those who gave them to her," explains Perryman. "If someone was sick, she'd make them homemade soup. If someone was homeless, she'd bring them warm coats and a meal – to her, giving was a way of life – to treat everyone as if they were her neighbor."

With so many stories, it only made sense for Perryman to put some in writing. "My mom would really appreciate that I'm sharing her recipes, gifts and inspirational quotes with you as my neighbors."

The book is available on Amazon and an eBook version is also coming soon.