

CONTENTS

10 Foreword

12 Bread & Circuses

One Bakes. One Writes.

15 Courage

On the Angst of New Beginnings,
on Simplicity and a Great Poet

22 Love

On Caring for Another Being

30 Sensuality

On Eyes, Ears, and Hands, and on Body Temperature,
Smell, and the Abundance of Pleasant Sensations

43 Patience

On the Rediscovery of Lost Time
and the Beauty in Waiting

CONTENTS

48 Focus

On the Enthralling Pleasure
of Radical Monotasking

53 Generosity

On the Sharing of Joy

56 Authenticity

On a Positive Attitude toward Negative Film,
Whole-Grain Photopaper, and Good Luck

59 Lust

Recipe and Instructions

90 Gratitude

There Are So Many Wonderful People!

94 Team Spirit

How to Bake a Book:
Write, Knead, Shoot