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Leo Patalinghug's New Book "Saving the Family" Being Released on Thursday, March 21

Best-Selling Author and Acclaimed Chef Offers Insights, Real-World Exercises, and Sublime Recipes to Readers Aiming to Be the "Supper Hero" of Their Family

Baltimore, Md. – Father Leo Patalinghug's ("Leo Patalinghug") latest book, *Saving the Family: The Transformative Power of Sharing Meals with People You Love*, will hit stores on Thursday, March 21. The best-selling author's fourth book, *Saving the Family* centers on strengthening relationships using the power of food. The paperback and/or Kindle Edition of *Saving the Family* will be available at major book retailers and the author's website at: FatherLeoFeeds.com/SavingtheFamily.

Published by Sophia Institute Press, *Saving the Family* includes 12 chapters and over 20 signature recipes created by Patalinghug. Each chapter explores different situations facing families and offers practical tips that foster gratitude and warmth at mealtimes. With the assistance of Patalinghug's spiritual insights as well his many conversation starters, exercises, and enticing recipes, the reader can become a "Supper Hero," the in-house leader who will nourish their families, body, mind, and soul.

"There is no doubt that family holds a preeminent place in our hearts as individuals and as a society. But today, we face the problems of not understanding the deeper meaning of family, especially in a fractured culture," said Patalinghug. "I want this book to be part of the solution by encouraging a thoughtful discussion on something so basic as a 'family meal.' I want families to eat together, and to see how a family meal communicates the truths that we are desperately starving for as a global family."

The recipes in the book were designed for the family and include a combination of breakfast, lunch, dinner and desert creations. Items include; Crock-Pot Macaroni and Cheese, Stir-Fry, Bourbon Salmon for Two, Mushroom Risotto, and Chocolate Mouse with Spicy Streusel.

Patalinghug resides in Baltimore, Md. and operates two entities; [Plating Grace](#) and [The Table Foundation](#). Plating Grace's mission is to demonstrate how the power of food can strengthen different kinds of relationships. The Table Foundation works with ex-convicts as they transition back to society and is developing initiatives to support the culinary industry. Patalinghug is an international speaker, theologian, host of the "Savoring Our Faith" cooking show on EWTN, "Shoot the Shiitake" podcast host, and black-belt martial arts instructor.

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