

## BOOK ENDORSEMENTS

Bob Foulkes

### ***Off the Couch and Out the Door: Finding Meaning in Midlife, One Adventure at a Time***

“*Off the Couch and Out the Door* is a joyous reading adventure.... These lively stories capture the essence of what it means to truly live a life full of intention and personal adventure and remind us all that it is never too late to change the course of one’s life.”

– Sarah Wiley, Executive Director, Outward Bound Canada

“I recommend that after having read this delightful narrative of adventures, mishaps and growth, you take inspiration from Bob’s unselfconscious approach to making the most of himself and get ‘off the couch and out the door.’ It is never too late.”

– David Labistour, Chief Executive Officer, Mountain Equipment Co-op

### ***Adventures with Knives: Surviving 1,000 Hours of Culinary School***

“On reading Bob’s charming book, I was reminded of my own adventures in culinary school, honing my skills (and spicing up my language).... His book is a wonderful account affirming that adventure awaits us in many forms, regardless of our age.”

– Barbara-jo McIntosh, author of *Cooking for Me and Sometimes You*

“... a highly entertaining and delightfully personal account of his PICA experiences and successful completion of the Culinary Arts Six-Month Diploma Program. If you’re in the biz – and especially if you’re an aspiring student – it’s a must read.”

– Tim Pawsey, *hiredBelly.com*

“... a well written, candid and entertaining account of his experiences from the first day he set foot in the door to the moment he walked out – with no firm plans for his newly honed skills other than to cook for friends and (as it turns out) do some worthy charity work.... Foulkes’ story adds up to an invaluable diary, especially if you’re an aspiring culinary student – of any age. Even if you’re not, you’ll find this account of one man’s search for ‘what’s next?’ in life an inspiring read.”

– Tim Pawsey, *The Courier*