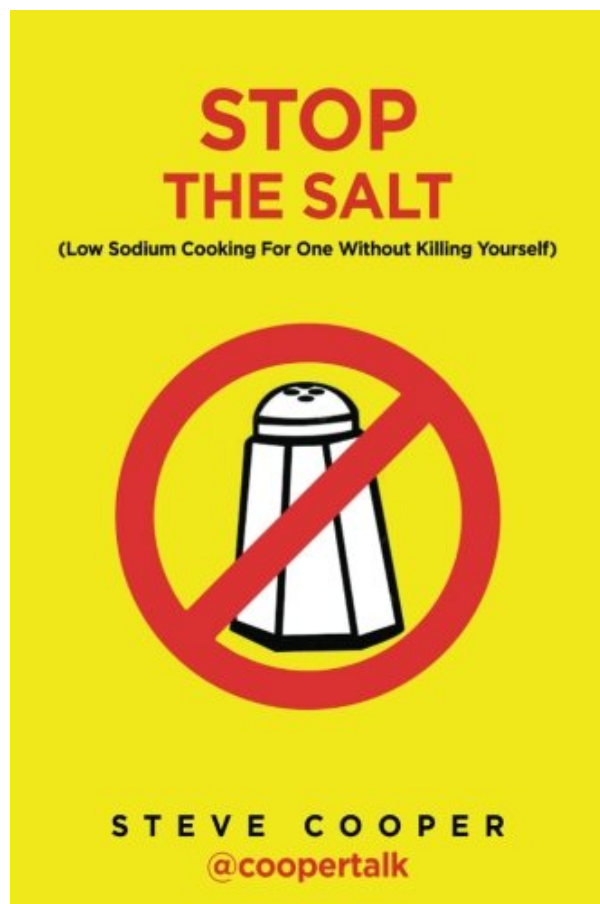


**STOP THE SALT: (LOW SODIUM COOKING FOR ONE WITHOUT KILLING YOURSELF)
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About the Author

Steve Cooper is the host of the popular internet radio show CooperTalk. When he was diagnosed with Congestive Heart Failure a few years ago he had to change his diet and learn to eat healthy so he wrote this book. Cooper who is “only as hip as his guests” records his show in Los Angeles but can be heard across the USA and in over 15 countries around the world. He also is an established stand-up comic having worked the road back in the late 80’s and early 90’s. He still hits the stage occasionally and has acted in movies, commercials and videos. As a writer he has written screenplays, newspaper columns and is a part-time blogger. He currently lives in Burbank, CA with his girlfriend.

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Be healthy! Too much salt isn't good for you so change your eating habits at the snap of a finger. These low sodium recipes for one are easy to make, taste great and are inexpensive. No pictures to intimidate you, no culinary terms you won't understand, just straight up directions to make a perfect meal. So open this book, get in the kitchen and start to make things happen!

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- Number of items: 1
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- Binding: Paperback
- 136 pages

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I've seen Steve Cooper live and heard him on his talk show and the book is like his personality

By Du Kirpalani

This book's just what I've been looking for. I've seen Steve Cooper live and heard him on his talk show and the book is like his personality, it's no BS. There's no cooking for four, three, two, it's cooking for one and for people who don't have the time to eat healthy but need to. The recipes don't waste time with prep work, everything is simple and just as cost effective. Grocery shopping is easier now too.

0 of 0 people found the following review helpful.

The first time I heard Coopertalk, Steve started a ...

By Douglas Coughlin

The first time I heard Coopertalk, Steve started a rant about healthy eating and I thought, "Here's another one of those health freaks." But I continued to listen as he explained his health issues and then let his guest shine in the interview. His cook book does the same, it lets the ingredients shine without being overwhelmed by all that sodium. From Coopertalk to Stop the Salt, it's only as hip as the ingredients.

0 of 0 people found the following review helpful.

Fun, Easy Cookbook for New Chefs

By JoAnn D Buttarò

The recipes in this book are tasty and can be adjusted for more than one person easily. It's fun to read a great gift for the guy in your life who is trying to change his eating habits.

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