

A SERVING OF WISDOM

Kirsty Mooney

Key selling points

- This unique book gives young people some meaningful tools to help them navigate their way through life
- Kirsty shares the valuable lessons she has learned from her own life experience
- Features contributions from her family and friends along with a selection of easy and delicious recipes

About the book

In a world where our young people are weighed down with more stress and anxiety than ever before, Kirsty Mooney believes they need all the help, love and support adults can provide as they begin their journey into the wider world.

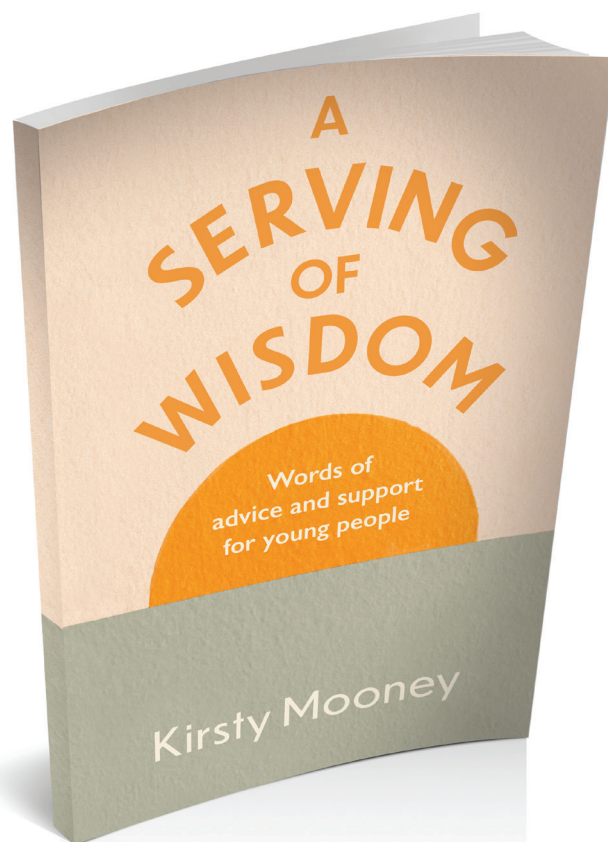
A Serving of Wisdom is her gift of advice to young people and is based on the life lessons Kirsty has learned from her own ups and downs. Written with touching honesty and empathy, *A Serving of Wisdom* explores a range of themes including relationships, health and well-being and problem solving. A selection of recipes for almost every occasion adds great practical support.

With thoughtful contributions from her friends and family, Kirsty values the importance of passing experience and advice onto the next generation. You deserve to be happy.

About the author

Kirsty lives in Edinburgh with her husband Lorcan and their two amazing teenage reasons for this book, Jack and Keira.

kirstymooney.co.uk



Words of advice and
support for young
people

Book information

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