

**Sweet Home**

**by Mey Zamora**



## SWEET HOME

### GETTING BACK TO BASICS

BY MEY ZAMORA

114 pages

Women - Parenting

Prologue by José Antonio Marina

- «A down-to-earth book, useful and a corroboration of an unfairly judged job, and which someone had to write.» Antonio Iturbe, *Qué Leer*
- «With her cooking tips, economising at home and working out the life-work balance, Zamora has restored the dignity to the always forgotten house-wife.» *La Razón*
- «Yesterday I again gave Home, sweet home, as a present. I wish to make clear that it has become my favourite gift. It always encourages debate and conversation among any group of people, of any age and lifestyle.» *Comment made by a reader.*

### SYNOPSIS

In hard times like now, a return to basics is essential; taking care of our home to reconcile work and family, and also to enjoy our free time and friends. And in our busy lives, home is more and more a stabilizing force which brings us peace. This book spells out the keys to organising oneself at home, getting the most out of household tasks and achieving a warm environment. It offers attractive suggestions both for those at home full-time and for those who only devote part of their time to the home. The author, a journalist who has fully dedicated herself to looking after her home, illustrates this with personal stories which make for both a stimulating and enjoyable read.



### ABOUT THE AUTHOR

Mey Zamora (Barcelona, 1964) studied Media Studies and Philology. She worked for La Vanguardia and for the journal Cultura de la Generalitat de Catalunya, and was a teacher of newspaper publishing at the Autonomous University of Barcelona. Since 1994 she has spent all her time with her family and housework. She is married and has four children.