

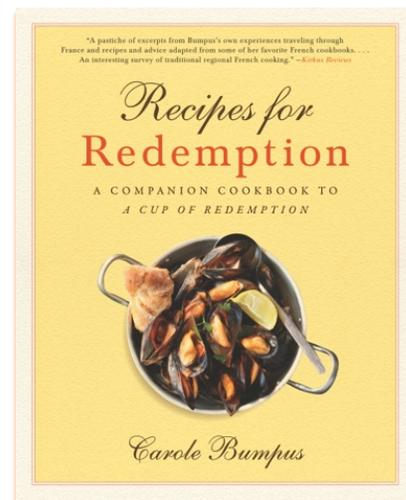
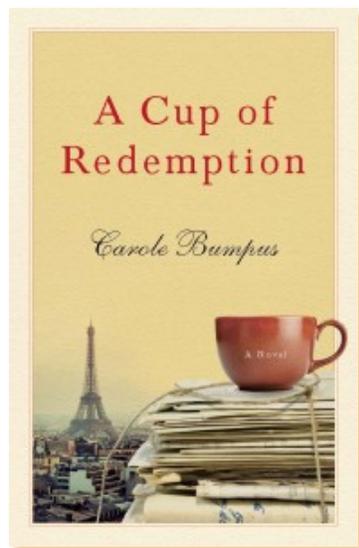
## Media Kit

**Carole Bumpus, Award-winning Author**

*A Cup of Redemption*, a Novel

and

*Recipes for Redemption*, a Companion Cookbook



**Finalist for Historical Fiction & International Cookbooks - International Book Awards 2016**

**Honorable Mention in Fiction, Paris Book Festival, 2016**

**Bronze in Fiction Cover Design, Independent Publisher Book Awards (IPPY), 2016**

**Honorable Mention in Fiction & Runner-Up in Cookbooks, London Book Festival, 2015**



## **Praise for *A Cup of Redemption***

“Bumpus manages time and again to strike at the emotional hearts of her characters...**a robust, entrancing debut [novel].**”

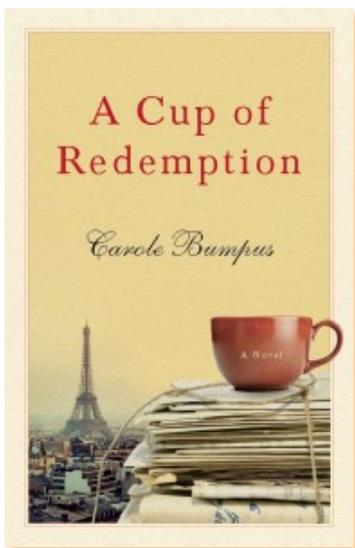
—**Kirkus Reviews**, Indie Editor featured review

“...so compelling, and the journey so rich...thoroughly worth reading.”

—**San Francisco Book Review**

“*A Cup of Redemption* is an enjoyable story about two friends — one French, the other American — in search of clues to important family secrets. **Beautifully researched**, this story brings to life three generations in France, including the havoc caused by World War II. **A delicious tale of love, betrayal, grief and restoration.**”

—**Harriet Scott Chessman**, author of *Someone Not Really Her Mother*



### ***A Cup of Redemption***

***A Novel by***

***Carole Bumpus***

ISBN 978-1-9383149-0-2

*(She Writes Press, October 27, 2014)*

**Paperback \$16.95 USD**

Like the braiding of three strands of brioche, the lives of three women—Sophie Zabel Sullivan, Marcelle Pourrette Zabel and Kate Barrington—become inextricably intertwined as each struggles to resolve issues from past wars that have profoundly impacted their lives.

Rising out of the collateral damage wrought by war, what emerges is a touching story about love, loss, and the powerful desire for wholeness through redemption.

## **Book Awards**

**2016 IPPY Award Winner - Bronze - Fiction - Cover Design**

**2016 Honorable Mention - Paris Book Festival**

**2016 Finalist - International Book Awards**

**2015 Honorable Mention in fiction London Book Festival**

## Praise for *Recipes for Redemption*

**"A pastiche of excerpts from Bumpus's novel,** her own experiences traveling through France and recipes and advice adapted from some of her favorite French cookbooks... **an interesting survey of traditional regional French cooking."** —Kirkus Reviews

"They say, 'give the people what they want' and Bumpus has done so in *Recipes for Redemption*, supplying the recipes to the **mouthwatering dishes that take center stage in her novel's cross-France family drama.**" —*San Francisco Book Review*

"I was impressed with the details in this book, especially the subject of simplicity and tradition. **Carole uncovers the secrets of real cooking joy**—through both the French cooking styles and the cooks who prepare them." —**Jelena Grujovic**, Executive Chef, Grand Hyatt Hotel, Melbourne, AUS

**"A delicious cookbook, filled to the brim with genuine, simple, mouth-watering French recipes,** sprinkled with witty and fun excerpts from her novel." —**Harriet Scott Chessman**, author of *Someone Not Really Her Mother*

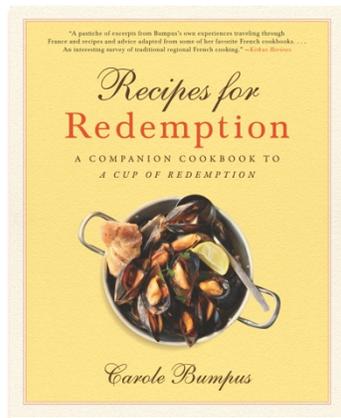
"Food is what sustains us—*Recipes for Redemption* **reminds us why each bite, in life, love and living, matters.**" —**Sandra Savage**, Executive Chef, Writer

"Luscious recipes for French peasant fare, with **glorious evocations of French kitchens, dishes, landscapes and lives.**" —**Judith Newton**, author of *Tasting Home: Coming of Age in the Kitchen*

### *Recipes for Redemption*

#### *A Companion Cookbook to A Cup of Redemption*

By Carole Bumpus



ISBN 978-1-63152-824-8

(She Writes Press, August 15, 2015)

Paperback \$19.95 USD

Cookbook—with excerpt narrative from *A Cup of Redemption*, a novel, by

BISAC Code - Category:

CKB030000—COOKING/Essays and Narratives

CKB034000—COOKING / Regional & Ethnic / French

***Recipes for Redemption: A Companion Cookbook to A Cup of Redemption*** provides the promised French recipes culled from the pages, the times, and the regional influences found in the historical novel *A Cup of Redemption*. Told through the voices of the three main

characters—Marcelle, Sophie and Kate—the recipes are carefully taught in the way these women learned them: at the knees of their mothers or grandmothers. Whether “cuisine pauvre” (peasant cooking), “war food” from WWII, or simply a family favorite, each recipe is carefully described and footnoted with interesting, often amusing culinary notes. Flavored with witty repartee and slathered with common sense, this cookbook is filled with heart, soul, humor, and delectable delight.

## Book Awards

**2016 Finalist in International Cookbooks, International Book Awards**

**2015 Runner-Up in Cookbooks, London Book Festival**



**Carole Bumpus**, a retired family therapist, began a second career as a freelance food/travel writer. Her articles on both food and US WWII veterans in France have been published in the US and in France. She is a member of the California Writers Club (SF/Peninsula Branch) and a representative on the state board. Her memoir short stories are published in three CWC anthologies. Carole is the author of a historical novel set in France, *A Cup of Redemption*, and a companion cookbook, *Recipes for Redemption*. Her food and travel blog contains stories from her interviews with over seventy-five people in France and fifty in Italy. Excerpts from these, along with more recipes, will culminate in a soon-to-be-published series of books called *Savoring the Olde Ways*. Carole lives in the San Francisco Bay Area. Visit her at [CaroleBumpus.com](http://CaroleBumpus.com).

*A Cup of Redemption* and *Recipes for Redemption* are available at bookstores and online at IndieBound.org, Amazon.com & BN.com.

Find and follow Carole online:

<http://www.carolebumpus.com>

<https://twitter.com/carolebumpus>

<https://www.facebook.com/carolejbumpus>

<https://www.goodreads.com/author/show/8051148.Carole>

To request a copy of *A Cup of Redemption* or *Recipes for Redemption* or to book an event contact the author at [Carole@CaroleBumpus.com](mailto:Carole@CaroleBumpus.com).