

Secret Recipes
for the
Modern Wife



Psychotherapy Pie

Makes one swell 9-inch pie

One 9-inch pie crust

Filling (use any three or more):

Canned fruit of your choice

Self-doubt

Low self-esteem

Anxiety

Loss of independence

Denial

Low-grade depression

The best therapist you can afford

For the crust, use all the compensatory or addictive behaviors you've developed over the years to shield yourself from your true feelings.

Combine the canned fruit with any of the relevant filling ingredients and pour into the crust. Stand there dejectedly, feeling yourself at a crossroads.

Once you realize you can't deal with this damned pie by yourself, seek the help of a therapist. Discuss your crust and filling with the therapist until you arrive at the best way forward, or until you come to the conclusion that you are better off without all the stuff in this pie, and make a healthy salad, instead.



Midlife Stress-Stuffed Cabbage

Serves one couple until they go completely mad

2 sets of aging parents, rapidly deteriorating
1 to 3 quickly growing wise-ass teenagers, or
more in blended families

Escalating auto insurance rates

4 to 6 college applications at any given time

Inadequate college savings accounts

A myriad of hormones, in flux

Enough wisdom to recognize all the
mistakes you've made over the years

Not enough wisdom to correct them

Large cabbage leaves, as needed

Olives, peppers, debt, and despair for topping

Combine the first 8 problems (and you can use up any others that are rotting in your pantry). Pulverize into a pounding headache.

Stuff the cabbage leaves, and while performing this tedious task, think about doing rebellious things like when you yourself were a wise-ass teenager, such as getting some extra piercings, or hitching a ride to Guatemala.

Top with olives, peppers, debt, and despair and bake until everything and everyone has a complete meltdown.

