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The Neighborhood Files

"Suppers" Creator Spreads Word About Healthy Eating

Dorothy Mullen, the force behind the Riverside Elementary School garden and "The Suppers Programs" has just published a book.

By **Bonnie Schultz** | **Email the author** | 5:15am

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Related Topics: Healthy Eating and Whole Foods

Princeton resident Dorothy Mullen is all about healthy living.

She started the Riverside Elementary School garden and five years ago she launched **The Suppers Programs** for people to come together to cook healthy meals. Now she's published a book, **"Logical Miracles: 100 Stories of Hope and Healing,"** which she hopes will inspire others to form groups to prepare whole foods and support lifestyle changes.

"While a 'miracle' suggests divine intervention, a dream that may have seemed impossible becomes attainable — a 'logical miracle'— once one makes the proper lifestyle changes," Mullen said of the book's title.

Mullen said she always knew there would be a Suppers book someday. Using the Suppers 12-step model, the book describes how Suppers meetings are run and includes favorite recipes.

With a foreword by **Dr. Michael Schacter**, the book includes personal stories of people who have faced various health challenges such as depression, obesity, diabetes and alcoholism, and discovered their own solutions by experimenting with whole food.

At a recent book launch party at Eno Terra in Kingston, friends and supporters came to celebrate Mullen's latest accomplishment.

"I love how the book couples people's stories with the recipes that were meaningful to their transition and growth," says Karen Tank, an agricultural economist who says The Suppers Programs changed her life.

Tank has Type 1 diabetes and helped found the Suppers for Stable Blood Sugar group.

"Not only have I been able to keep my blood sugar stable, but I went back to school to the Institute for Integrative Nutrition, and now work as a health coach."

Jeanine Barsamian bought several copies of the book for her sister's natural foods store in Wisconsin.

"The book explains where the program came from," she said. "Dor hopes from the stories that you can find a connection. I live my life by a lot of the Suppers' principles."

Mullen's friend and neighbor Lisa Domine agreed.

"I work in the healthcare industry," she said. "A lot of people need medications because they don't change their diet and lifestyle. You find out from the book that a lot of what Dor does is not that much effort."

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