

Long before the Lost Kitchen became a worldwide dining destination, with every seating filled the day the reservation book opens each spring, Erin French was a girl roaming barefoot on a twenty-five-acre farm, a teenager falling in love with food while working the line at her dad's diner, and a young woman finding her calling as a professional chef at her tiny restaurant tucked into a nineteenth-century mill. This singular memoir—and classic American story—invites readers to Erin's corner of her beloved Maine to share the real person behind the "girl from Freedom" fairy tale and the not so picture-perfect struggles that have taken every ounce of her strength to overcome and that make Erin's life triumphant.

In *Finding Freedom*, Erin opens up about the challenges, stumbles, and victories that have led her to the exact place she was always meant to be, telling stories of multiple rock bottoms, of darkness and anxiety, of survival as a jobless single mother, of pills that promised release but delivered addiction, of a man who seemed to offer salvation but in the end ripped away her very sense of self. And of the beautiful son who was her guiding light as she slowly rebuilt her personal and culinary life around the solace she found in food—as a source of comfort, as a sense of place, as a way of bringing goodness into the world.

Erin's experiences with deep loss and abiding hope, told with both honesty and humor, will resonate with women everywhere who are determined to find their voices, create community, grow stronger, and discover their best selves despite seemingly impossible odds. Set against the backdrop of rural Maine and its lushly intense, bountiful seasons, *Finding Freedom* reveals the passion and courage needed to invent oneself anew and the poignant, timeless connections between food and generosity, renewal and freedom.

**ERIN FRENCH** is the owner and chef of the Lost Kitchen, a forty-seat restaurant in Freedom, Maine, that was recently named one of *Time* magazine's World's Greatest Places and one of "Twelve Restaurants Worth Traveling Across the World to Experience" by *Bloomberg*. A born and raised native of Maine, she learned early the simple pleasures of thoughtful food and the importance of gathering for a meal. Her love of sharing Maine and its delicious heritage with curious dinner guests and new friends alike has garnered attention in outlets such as *The New York Times* (her piece was one of the ten most-read articles in the food section the year it was published), *Martha Stewart Living*, *The Wall Street Journal*, *The Boston Globe*, and *Food & Wine*. She has been invited to share her story on NPR's *All Things Considered*, *The Chew*, *CBS This Morning*, and *Today*. Erin was featured in a short film made by Tastemade in partnership with L.L.Bean, which won a James Beard Award, and *The Lost Kitchen Cookbook* has been named one of the best cookbooks by *The Washington Post*, *Vogue.com*, and *Remodelista* and was nominated for a James Beard Foundation Award. The Lost Kitchen is the subject of a series on the Magnolia Network about how the restaurant adapted and rose to the challenges of the 2020 season.

READ BY THE AUTHOR



Running Time: Approx. 9.5 Hours • Unabridged

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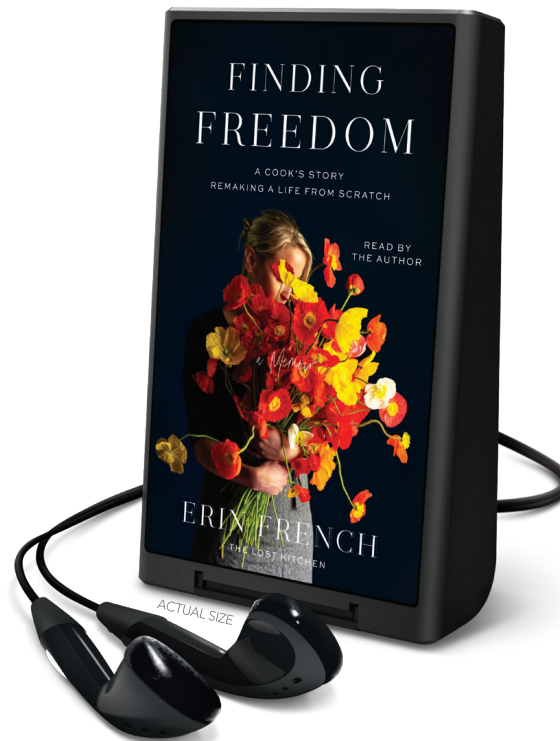


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