



Book Recommendation

A Recipe For Dreaming by Bryce Courtenay

This book recommendation comes in at a mere 86 pages, half of which contain one striking photograph, and the other half, a single poetic insight or two. But don't be fooled by its brevity — *A Recipe for Dreaming* is rich, layered, and stirring.

First, a fun fact about Bryce Courtenay: the South African–Australian author wrote and published his first book, *The Power of One*, at age 56 — the age I am now! (This book remains as one of the most powerful books I read as a young adult). Over the next 23 years, until his death in 2012, Courtenay published 24 books, most of them over 800 pages.

Yet this little gem is different. A quiet departure from his usual form, *A Recipe for Dreaming* is a short collection of poems and reflections that feel personal and universal all at once. The hero poem, and the one that gives the book its title, is below in full:

A recipe to dream

*Take one dream. Dream it in detail.
Put it in your own hands. See its final outcome
clearly in your mind. Mix it with a little effort and
add a generous portion of self-discipline.*

*Flavour it with a wholesome pinch of ambition.
Stir briskly with confidence until the mixture
becomes clear, the doubt separated from the resolution.
Bake at an even temperature in a moderate oven
until the dream rises and is firm to the touch.
Decorate with individuality. Cut into generous
portions and service with justifiable pride.*

*Approached in this manner, life is a piece of cake.
Good luck.*

I admire this poem immensely – from the opening instruction to “put it in your own hands,” to the blend of ingredients (effort, discipline, ambition), the process (stirring, baking, decorating), and finally, how to serve it: “with justifiable pride.”

At *My Manifesto*, we invite people to reflect on their dreams – not just pipe dreams or fleeting hopes, but deep, soul-stirring visions for the life they wish to live. Step 4 of our 7-step process – The Visionary Step – asks you to consider: What do I dream about?



We ask you to dream not only for yourself, but also on behalf of those you love and for the world you inhabit. What does excellence look like to you? Where have you glimpsed the shape of your dream already taking form?

Your personal manifesto can become your recipe to dream – a declaration of your intentions and wisdom, grounded in clarity and action. We hope it helps you not just to dream, but to bake those dreams into being.

And as Courtenay gently reminds us at the end of this little book of inspiration:

“Life is too short to iron tea towels.”

Go well – and dream boldly.