



" The connection between mental health and sense of smell is not talked about much in the media. A common Covid-19 side-effect of loss of smell is also rarely documented in the press. Both are very common in our current society and Tracy Pepe has made it her passion to bring these two very important issues to our attention. Tracy's book documents her real life experiences with her kids and the positive impact that smell has had helping them to accommodate certain mental health issues, naturally.

The book continues on to clearly outline a path to restore sense of taste or smell for those that have lost it or had it altered, and the same path can be used as a proactive approach to maintaining taste and smell into our senior years.

Tracy brings a fresh approach to understanding importance of the sense of smell and makes one realize how much we take it for granted. She reminds us to live in the moment and stop to smell the....mmmm.
So good"

- Will Boake
Visual Communication Expert
ICON Digital

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