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## Ep. 151 Stacy Lyn Harris: From Lawyer to Southern Chef

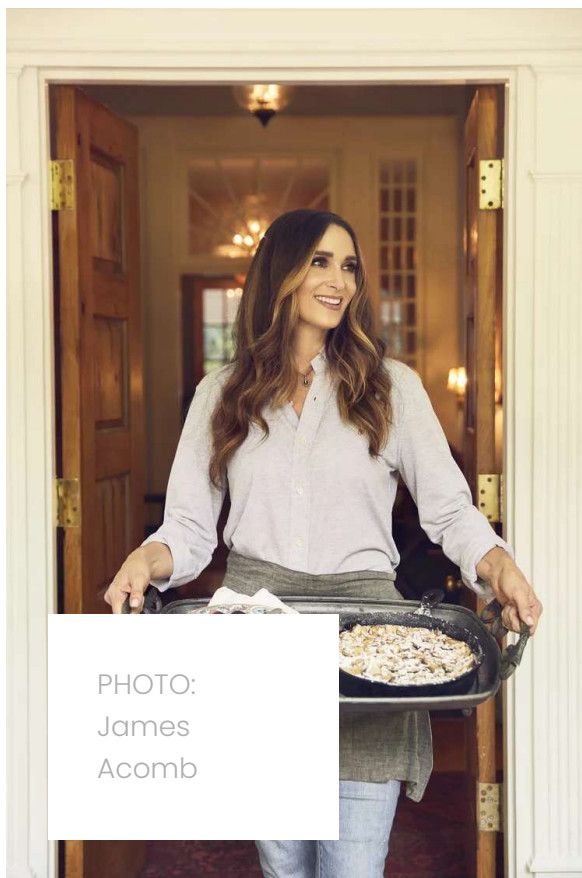


PHOTO:  
James  
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Stacy Lyn Harris was in college studying to be a lawyer when she met her husband Scott, an avid hunter and fisherman. She got a look at a different way of life and soon his passion became her passion.

Stacy later left her job as a lawyer to raise their seven children, along with a garden full of vegetables and a few animals. Now, she is a southern lifestyle guru, television host, celebrity chef, blogger and best-selling author.

Her new book, *The Love Language of the South: A Celebration of the Food, Hospitality, and the Stories of My Southern Home*, is a memoir of southern culinary culture, traditions and simple recipes. She shares her approach to sourcing and preparing meals, which often include wild game and ingredients from her garden.

In this episode of Flip Your Script with Kristi Piehl, Stacy shares how her cooking philosophy is inspired by lessons from her grandmother and mother. She also talks about what inspired her to write cookbooks to share stories and why she is trying to change the way people think about southern cooking.

#### CHALLENGE FOR LISTENERS:

If you're someone who likes a to-do list, leave a blank line and don't fill it in at the beginning of the day. See what you fill in there by the end of the day that you have the satisfaction of checking off.

Flip Your Script

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## Stacy Lyn Harris: From Lawyer to Southern Chef

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#### RESOURCES:

Stacy Lyn Harris' [Website](#), [Facebook](#), [Instagram](#), [Pinterest](#) and [YouTube](#)

Love Language of the South: A Celebration of the Food, Hospitality, and the Stories of My Southern Home on [Amazon](#)

Wild Game Food for Your Family: Nutritious Meat, Fish, and Vegetable Recipes that are Delicious and Easy to Prepare on [Amazon](#)

Stacy Lyn's Harvest Cookbook: Cook Fresh Food Every Day of the Year on [Amazon](#)

#### CLOSING QUOTES

“Sometimes the things that are easy are not worth it.”

“Life is not just good and bad. It’s always mixed together. There’s good with the bad, there’s bad with the good. And you have to just take them both.”

“Success is not final, and failure is not fatal.”

— Winston Churchill

From Lawyer to Southern Chef with Stacy Lyn Harris



**Ep. 152 Carol Han Pyle: From  
Elle Beauty Editor to Clean  
Beauty Brand**

**Ep. 150 Meir Kay: From  
Helping the Homeless to  
Hosting National Super Soul  
Parties**



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