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Cathy Glass is a bestselling British author, freelance writer and foster carer. Her work is strongly identified with both the True Life Stories and Inspirational Memoirs genres, and she has also written a parenting guide to bringing up children, Happy Kids, and a novel, The Girl in the Mirror, based on a true story.

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With tips, tricks, rules and routines for happy, healthy eaters - plus some fast, tasty recipes to try - this isn't just another tale of Gallie gastronomic superiority but a practical guide to instilling in your kids healthy eating habits that will last them a lifetime (and ensure less stressful mealtimes for you too!).