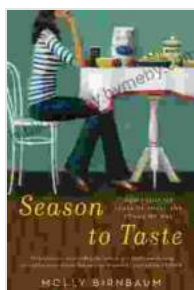


How I Lost My Sense of Smell and Found My Way

I never thought much about my sense of smell until I lost it. One day, I woke up and the world was different. The coffee I brewed smelled like nothing. The flowers in my garden were odorless. Even the most pungent foods, like garlic and onions, had no scent.



Season to Taste: How I Lost My Sense of Smell and Found My Way by Molly Birnbaum

★★★★☆ 4.2 out of 5

Language	: English
File size	: 564 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 324 pages



At first, I was devastated. Smell is such a fundamental part of our experience of the world. It's how we savor food, appreciate nature, and connect with others. Without it, I felt like I was missing out on a whole dimension of life.

I went to see a doctor, but there was nothing they could do. My loss of smell was idiopathic, meaning there was no known cause. I was told that I might never get it back.

I was angry and frustrated. Why had this happened to me? What had I done to deserve this? I felt like my life had been irrevocably changed for the worse.

But over time, I began to adjust. I learned to appreciate the other senses I had. I started to pay more attention to the sounds of the world, the textures of food, and the beauty of the visual world.

I also started to meet other people who had lost their sense of smell. I learned that I wasn't alone. And I discovered that there was a whole community of people who were living full and meaningful lives without their sense of smell.

I'm not going to lie. Losing my sense of smell was a difficult experience. But it also taught me a lot about myself and about the world. I learned that I am stronger than I thought I was. I learned that there is more to life than just our senses. And I learned that even in the face of adversity, we can find our way.

This memoir is my story. It's a story of loss, but it's also a story of hope. It's a story about finding our way, even when we lose our sense of smell.

Excerpt from the Book

I remember the day I lost my sense of smell like it was yesterday. I was making coffee in the morning when I realized that I couldn't smell the coffee beans. At first, I thought something was wrong with the coffee maker. But then I realized that I couldn't smell anything else, either. The flowers in my garden were odorless. The food in my refrigerator had no scent. Even the most pungent foods, like garlic and onions, had no smell.

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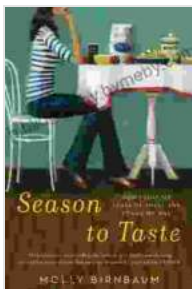
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Buy the Book

My memoir is available now in hardcover, paperback, and e-book. You can Free Download it from your favorite bookstore or online retailer.

Thank you for reading my story.

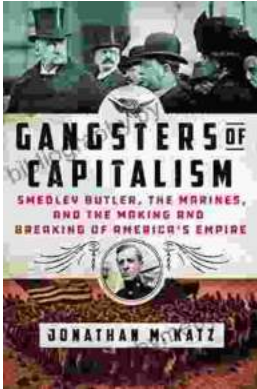


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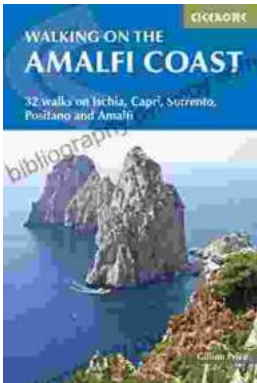
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