

Media Quotes for Cynthia Daddona  
On-Camera Personality, Author  
& Lifestyle Journalist



“Cynthia is a multi-faceted, triple talent in TV, Radio and the Written word.” -- Mike Klan, *ABC-TV*

“Cynthia Daddona is a great morning television show guest. Her humor and energy wake people up with a smile. This goddess has it all.”

-- Jeanne Bergh, *CBS-TV*



“Cynthia has a divine sense of humor” -- Doug Adrianson, *LA Times*

“My #1 choice for a fabulous gift is *A Greek Islands Destination Cooking Class* DVD hosted by Cynthia Daddona. It is one of the most beautiful and educational productions I’ve seen. This cooking-lesson-tour-romantic-interlude on the Greek island of Santorini is as much a travelogue as it is a cooking video. The videography is beautiful, Cynthia is an engaging host, and the recipes are oh-so tempting. If you can't take a trip to the Greek islands this year, this is the next best thing! “

-- Nancy Gaifyllia, *NY Times' About.com*

“Lighthearted Enlightenment!” -- Ann Shields, *LA Times*

“Cynthia is a very funny lady.” -- Jonathan Winters, Comedian

“Cynthia was one of my brightest, most colorful, most practical and informative guest I’ve had on my show. Her work speaks to women’s hearts and to their rock-solid everyday lives. Cynthia is a winner!” -- Victoria Moran, Author/Host of *A Charmed Life*, *Martha Stewart Living Radio*

“Cynthia Daddona is a breath of fresh air that sparkles like a morning sunrise.”  
-- Mark Victor Hansen, *Co-Creator of #1 NY Times best-selling series Chicken Soup for the Soul® and Co-Author of Enlightened Wealth*

“In our ten years of programming. Cynthia Daddona was one of our best guests. She is beautiful, lively, informative and the camera loves her!”  
-- Paul Van Name, Director - *Wisdom Television*

“Cynthia will nurture your spirit, uplift your soul and tickle your funny bone. She is an inspirational example of someone who believes in herself, her work, stays focused and affirms her success to manifest her dreams.” -- Jack Canfield, *Co-creator of #1 NY Times best-selling series Chicken Soup for the Soul, The Secret Teacher and Co-Author of The Success Principles*

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"I believe eating healthy love-infused food while sitting at the table, whether alone or with loved ones, is a delicious way to nourish the body and soul." -- Cynthia Daddona

### About Cynthia Daddona

Cynthia Daddona is a dynamic award-winning on-camera personality, author and lifestyle journalist. She is the host of RomancingTheTable.com®, a video website-blog, which celebrates life, love, Mediterranean food and travel -- a featured link on the NY Times' About.com (a website with over 58 million visitors per month.)

Cynthia's recipes for positive living, happy relationships, romantic date nights, and living a healthy Mediterranean-inspired lifestyle that includes its delicious and nutritious cuisine, help audiences create and savor healthier and happier times together around the table.

Audiences enjoy Cynthia's wit, wisdom and life stories derived from her American-Greco-Roman heritage, culinary travels, in the field-interviews, home-Mediterranean cooking experiences, happy marriage and a soul nourishing lifestyle.

Recently, she hosted the #1 New York Times' About.com culinary-travel DVD - *A Greek Islands Destination Cooking Class* filmed in Santorini, Greece. She is also the author of the Amazon.com top-selling book *Diary of A Modern Day Goddess®*, a lighthearted wellness guide for nurturing the body, mind and soul. (Published by HCI, who also publishes the *Chicken Soup for the Soul®* series.)

Cynthia's on-camera talent lies in her engaging and joyful presence. Her lighthearted and insightful commentary style stems from a professional background in TV, radio, print journalism, acting and improvisational comedy. Her

work has appeared on *CBS, NBC, ABC, E!, NPR, USA Network, Martha Stewart Living Radio Network*, as well as the *LA Times, Travel World News, First for Women, USA Today, Odyssey Magazine* and many others.



As a lifestyle journalist, she has interviewed over 150 celebrities and traveled extensively in the Mediterranean. TV producers and television executives have deemed Cynthia as having the "X Factor," a television charisma that is ideal for TV



hosting and interviewing. Recently, Cynthia recently won a second Telly Award for her on-camera, red-carpet interviews at the Los Angeles Greek Film Festival where she asked celebrities questions about film and food.

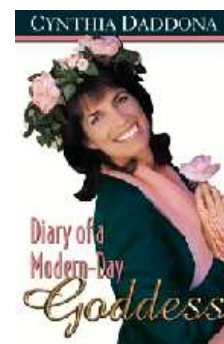
“Food shared with love and positive conversation satisfies not only the palette, but helps create a deep connection to one another delivering joy to the heart,” says Cynthia.



As part of her efforts to promote a delicious and healthy Mediterranean lifestyle, Cynthia is a Culinary Advisory Board Member for the Mediterranean Foods Alliance – a group whose efforts help educate the public about the benefits and pleasures of eating Mediterranean cuisine --- one of the healthiest in the world! She is also a member of the Slow Food Association, an international grass-roots movement that began in the Italy and emphasizes the enjoyment of food with a commitment to community and environment.

Cynthia's #1 New York Times' About.com DVD, "*A Greek Islands Destination Cooking Class*", was filmed on-location on the romantic Greek island of Santorini. This romantic-culinary journey includes the history and background of regional island ingredients with Cynthia and local culinary professionals cooking a healthy, gourmet Mediterranean meal.

Cynthia's first book "*Diary of A Modern Day Goddess*" is a lighthearted wellness-guide that covers everything from positive thinking to meditation to yoga. A book, The Los Angeles Times called "Lighthearted Enlightenment!" Cynthia is also a contributor to several other books – *Ready for Romance*, *The International Spa Book* and *The Oldways of Eating Mediterranean e-cookbook*.



Over the years, Cynthia has appeared at special events, conferences, culinary travel programs and spas worldwide. Recently, she spoke in the Mediterranean to travelers about regional dishes and the health benefits of a Mediterranean lifestyle and diet. She was also the Keynote Speaker for SPA Magazine's "Living Life in Balance" national destination spa event.

Cynthia feels fortunate to live in the Mediterranean-like climate of Santa Barbara, California, a location that is in the forefront of the sustainable farming and organic food movement. Together with her American-Greek husband Jim, she enjoys celebrating a love-infused Mediterranean lifestyle filled with meals and memories around the table.

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