

## Cynthia Daddona Biography

### Cynthia Daddona

Cynthia is an award-winning on-camera personality, author, food, travel, lifestyle journalist and producer. She is the host of RomancingTheTable.com® which celebrates life, love, food, films, travel and wisdom – often with a Mediterranean twist. Her website/blog is a featured link on the New York Times About.com website which receives 58 million visitors per month. Cynthia is also the host and co-producer of the #1 New York Times' About.com Culinary-Travel DVD – A Greek Islands Destination Cooking Class, filmed on the beautiful island of Santorini.

Cynthia's recipes for positive living, laughter, happy relationships, romantic dining, inviting tablescapes and delicious, healthy Mediterranean-inspired cuisine help audiences create and savor times together around the table. She believes sitting at a table eating healthy delicious food, whether alone or with friends and loved ones, is nourishing to the soul.

Cynthia's American-Greco-Roman heritage, culinary journeys, home cooking experience, wit, life wisdom, humor and stories entertain and inspire by offering her audiences insights on how to create a more delicious, soulful and happy life.

She is also the author of the top-selling book *Diary of A Modern Day Goddess*®, a lighthearted wellness-guide for nurturing the body, mind and soul (Published by HCI who is also the publisher of the *Chicken Soup for the Soul*® series). The Los Angeles Times called her book "Lighthearted Enlightenment!" and Comedy Legend Jonathan Winters said "Cynthia Daddona is a very funny lady who helped me get in touch with my inner goddess!"

Cynthia's on-camera talent lies in her lighthearted, insightful commentary and interviewing style developed from her varied backgrounds in TV, radio, print journalism, comedy and acting. Her work has appeared on CBS, ABC, NBC, E!, NPR radio, USA Network and Martha Stewart Living Radio, as well as the LA Times, Travel World News, First for Women, USA Today, Odyssey magazine and many others.

She also appeared in the popular romantic comedy film *It's Complicated* with Meryl Streep and as a classical Mediterranean beauty in NBC's *Undercovers* –Tuscany Episode. She has won awards for her lifestyle, humor and comedy

writing /performing talents. Cynthia received two Telly Awards as an on-camera interviewer/host and producer. One of her Telly Awards are for her coverage of the Los Angeles Greek Film Festival, where Cynthia asked the stars on the red carpet to talk about film, the culture and their favorite Greek foods.

As a lifestyle journalist she has interviewed over 100 celebrities on and off the red carpet and has traveled extensively throughout the Mediterranean covering destinations, culture and cooking programs.

As part of her efforts to promote a delicious and healthy 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 emphasizes the enjoyment of food with a commitment to community, sustainable farming and the environment.

Over the years, Cynthia has become a dynamic presenter at special events, conferences and culinary programs. She has taught Mediterranean cooking and lifestyle tips at Whole Foods, Inc. and also spoke to travelers about regional dishes and the health benefits of Mediterranean cuisine. Cynthia provided life wisdom tips as a keynote speaker at SPA Magazine’s national conference, “Living Life in Balance.”

She is also working on an inspirational docu-comedy love story about finding true love later in life.

Cynthia feels fortunate to live in the Mediterranean climate of Santa Barbara, California, which offers year round organic and delicious produce. Together with her American-Greek husband, James, they enjoy celebrating love-infused Mediterranean meals and creating joyful memories at the table.

-> Contact Cynthia

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“Cynthia is a great morning show guest. Her humor & energy wake people up with a smile. This goddess has it all.” – - Jeanne Bergh, CBS News

“Lighthearted Enlightenment!” — Ann Shields, Los Angeles Times

“Cynthia has a truly divine sense of humor, but what else would you expect from a modern day goddess!” – Doug Adrianson, Los Angeles Times

“Cynthia is a very funny lady who helped me get in touch with my inner goddess!  
“—Comedy Legend Jonathan Winters

“Cynthia Daddona is a natural, vibrant and engaging presenter. As a guest chef, she excels at educating, entertaining and feeding audiences with her ‘Healthy Mediterranean Food & Lifestyle Tips.’ She is charismatic and a delight to work with.” – Ryan Wooden, Marketing and Demonstrations Whole Foods Market, Inc.

“Cynthia definitely has the television charisma X factor.” — Charles Nordlander, Former VP, Programming Development, Food Network

“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 Daddona 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 best-selling series Chicken Soup for the Soul®, The Secret® Teacher and Co-Author of The Success Principles®

“Cynthia Daddona is a breath of fresh air that sparkles like a morning sunrise.”  
– Mark Victor Hansen, Co-Creator of #1 New York Times best-selling series Chicken Soup for the Soul® and Co-Author of Cracking The Millionaire Code: Your Key to Enlightened Wealth

“My #1 choice for a fabulous gift is A Greek Islands Destination Cooking Class video. It is one of the most beautiful and educational productions I’ve seen. Cynthia Daddona hosts this cooking-lesson-tour-romantic-interlude from the Greek island of Santorini. This program is as much a travelogue as it is a cooking video. The videography is beautiful, Cynthia is an engaging TV host, and the recipes are oh-so tempting. A section of the production is devoted to exploring ingredients, and it’s fascinating! If you can’t take a trip to the Greek islands this year, this is the next best thing!” — Nancy Gaifyllia, New York Times’ About.com

“Greece is the Culinary Word! If you ache for the Aegean yet your bank account hurts even more, let Cynthia Daddona and her latest DVD release, A Greek Islands Destination Cooking Class take you to the spectacular archipelago of Santorini. Daddona, know for her best-selling book Diary of A Modern Day Goddess, was married on this enchanted isle, so she’s a perfect guide to its beauty and culinary bounty...” –George Yatchisin, Food Editor – The Santa Barbara Independent - Arts and Entertainment Newspaper