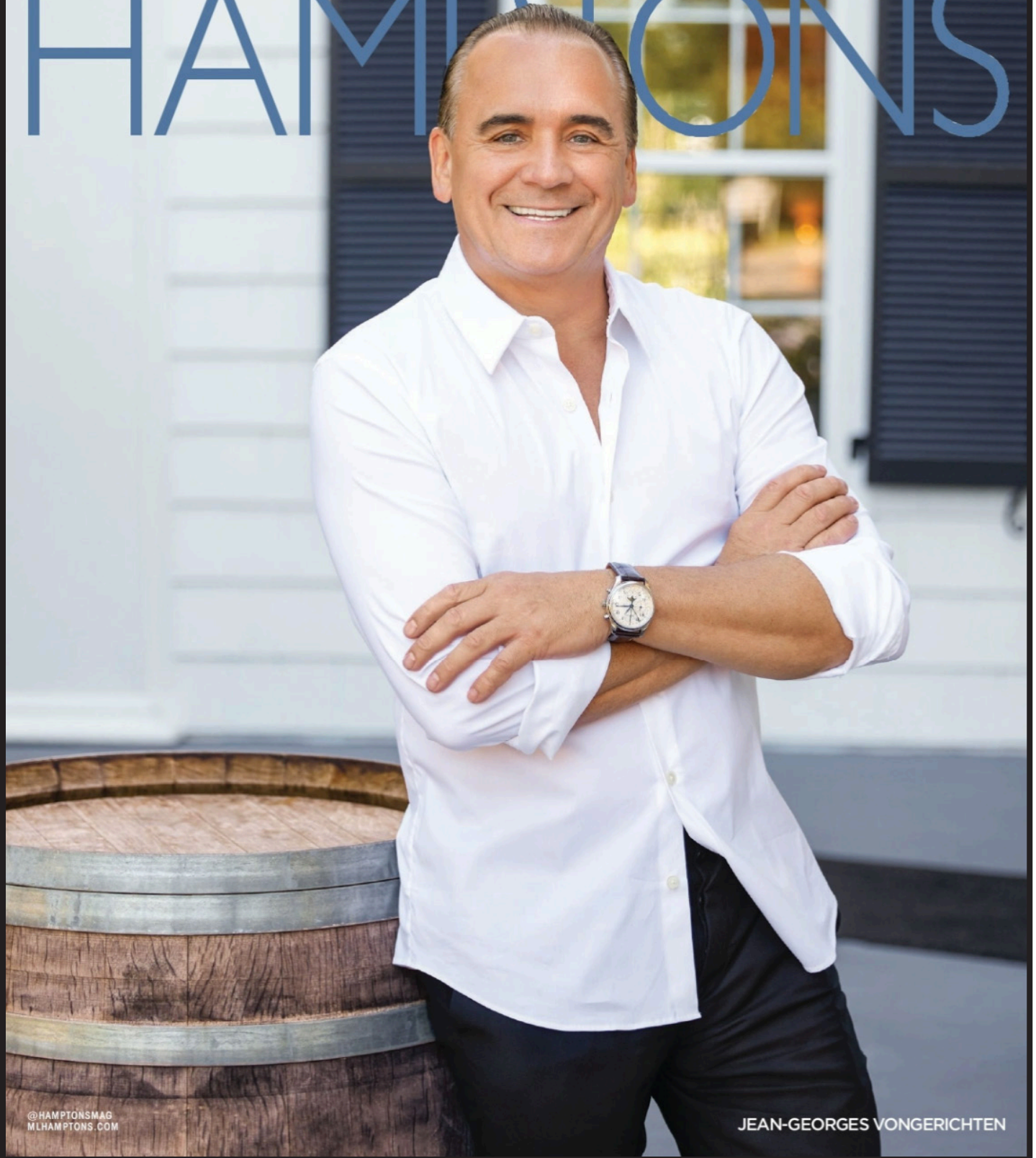


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# The Turning Page

HAMPTONITE AND HILL COUNTRY BARBECUE MARKET CO-OWNER KRISTEN GLOSSERMAN'S LATEST SELF-HELP BOOK, *IF IT'S NOT RIGHT, GO LEFT: PRACTICAL AND INSPIRATIONAL LESSONS TO MOVE YOU IN A POSITIVE DIRECTION*, MOTIVATES READERS TO BECOME THE BEST VERSIONS OF THEMSELVES THROUGH GOAL SETTING AND PERSONAL ACCOUNTABILITY.

BY ELISABETH BRIGHAM

**K**nown as "The Possibility Expert," Kristin Glosserman brings her life coaching skills to the page with her new book, *If It's Not Right, Go Left: Practical and Inspirational Lessons to Move You in a Positive Direction* (The Collective Book Studio). In addition to her degrees in speech communications and psychology from Penn State University, Glosserman is a protege of CONTINUED...





From left: The Hill Country Barbecue Package in collaboration with Celebration Home Catering; this baked clams recipe is featured in Glosserman's book.

...CONTINUED renowned executive coach Sherry Lowry with coaching certifications from the Institute for Life Coach Training, New York University and University of Pennsylvania's Wharton School. On top of it all, Glosserman and her husband, Marc, co-own Hill Country Barbecue together and support a variety of philanthropic organizations such as City Harvest and Share Our Strength/No Kid Hungry. "I have been coaching incredibly successful people for more than 15 years, so I know what works," says Glosserman. "Being able to positively impact even one person's life in a meaningful way is so gratifying to me. I wrote this book so that readers can open it to any page at any time, take the tools I've used successfully for years, and apply them to their own lives."

Stepping into the world of Glosserman, the book deep dives into a series of life lessons with formulated plans that inspire

readers to refocus and regain control of their lives and careers. With the turn of each page, her contagious dynamism meets warmth to show readers how to reach for happiness through her "Four C's": connection, communication, collaboration and change. "Readers will learn how to make positive changes moment to moment that will lead to goal attainment, personal and professional satisfaction and—most importantly—a happier and healthier life," says Glosserman. "The book focuses on empowerment, process and discipline that is both practical and inspirational." Informed by personal struggles and joyful achievements—including being a mom of four—the book embodies all of life's opportunities for growth from sustaining a healthy work and home balance to maintaining family traditions and finding love for others and, most importantly, yourself. ■

### BARBARA'S BAKED CLAMS

Makes 30



#### INGREDIENTS

½ cup chopped fresh parsley  
2 cups seasoned bread crumbs (my favorite is Progresso brand)  
6 garlic cloves, finely chopped  
¾ cup olive oil  
½ cup chicken broth  
2 (1-lb.) containers chopped clams, ⅓ cup of the clam juice reserved  
30 clamshells  
Cooking spray

#### DIRECTIONS

In a bowl, mix together the chopped parsley, seasoned bread crumbs, and garlic. Add ½ cup of the olive oil and stir with a fork to moisten the bread crumbs, until the mixture is the consistency of wet sand. Add the chicken broth and reserved clam juice and stir to combine.

Arrange the clamshells on three baking sheets—10 shells per baking sheet—and spray each individual shell with cooking spray.

Spoon about 1 Tbsp. of the chopped clams into each shell. Top each

with about 1 Tbsp. of the bread crumb mixture and gently press it into the clams with a spoon. As this point you can refrigerate the stuffed clams until you're ready to cook.

When you're ready to bake, bring the clams back to room temperature and set the oven to broil. Place an oven rack in the middle position of the oven.

Drizzle the remaining ¼ cup olive oil evenly over the stuffed clams. Broil for about 5 minutes, or until the tops are golden brown. Be sure to check the oven frequently to make sure they don't burn. Repeat with the remaining baking sheets. Serve immediately.

*Tip: You can buy disposable clamshells from the fish market or some supermarkets. If you live near or are visiting the beach when you're planning to make these, you can collect the real thing like my girls often do. Just be sure to wash them carefully before using.*

FROM LEFT, PHOTOS BY PHILIPPE CHENG; BRITANNY DE MEUNIER/PLUSH