

2018
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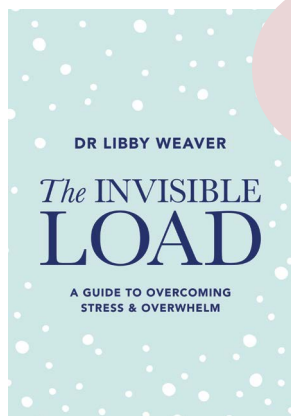
Dr Libby Weaver

Nutritional biochemist, author and speaker

Twelve times best-selling author

Published globally including in Australia, NZ, UK,
US, Canada, Germany, Italy and Russia

Over 400,000 books sold

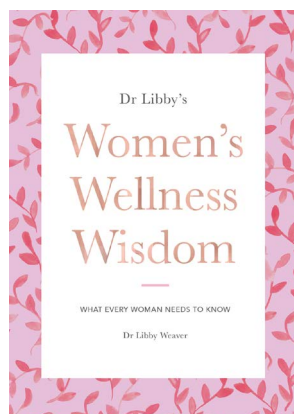


NEW
JULY
2019

The Invisible Load

Our invisible load is the stress we carry, that no one sees, that drives how we think and feel. From the physical load on our body, to the emotional load in our mind, this is what really sits at the heart of our stress. Visually beautiful and full of practical tips, this book helps you to illuminate your invisible load, providing insight into what's driving the sense of overwhelm you feel for everyday tasks.

RIGHTS: AVAILABLE

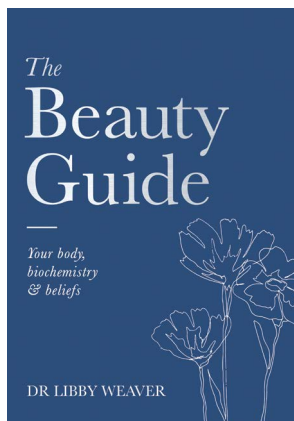


Women's Wellness Wisdom

A definitive guidebook for women, *Women's Wellness Wisdom*, includes beautiful imagery, step-by-step guides, worksheets and real-life examples, helping you uncover the sources of your challenges and empowering you with the knowledge to better understand your body. Learn what women of all ages need to know from this inspiring book.

RIGHTS SOLD:

GERMAN, FRENCH



The Beauty Guide

For too many of us today, our thoughts are consumed by the things about our appearance we want to change or cover up. But what if these frustrations actually offered us a pathway to accessing our true beauty? *The Beauty Guide* offers beauty solutions and wisdom that will help to transform the way you feel about yourself.

RIGHTS: AVAILABLE

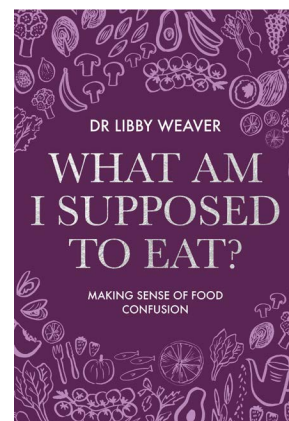


Rushing Woman's Syndrome

Rushing Woman's Syndrome explores the biochemical and emotional effects of constantly being in a rush as well as the health consequences that urgency elicits. It offers you real solutions to both the biochemistry and the emotional patterns of the rush. What you need to do in a day may not change but how you show up can revolutionise how you experience each day and how others experience you.

RIGHTS SOLD: ENGLISH,

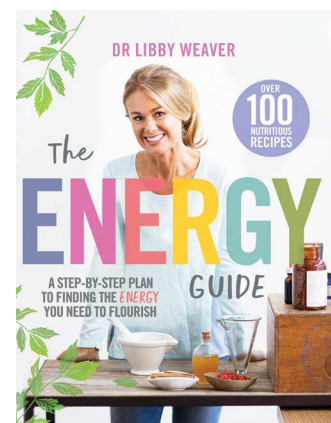
GERMAN, RUSSIAN



What am I supposed to eat?

For so many people today, food is complicated. They have lost touch with how much to eat, how often and how their food choices are impacting on their health. This visually beautiful book includes easy-to-read comprehensive articles, step-by-step guides and worksheets to help you gain a better understanding your food, your body, your appetite and what you are supposed to eat.

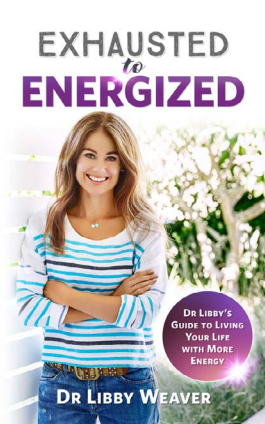
RIGHTS: AVAILABLE



The Energy Guide

Authoritative and compassionate, *The Energy Guide*, which includes over 100 recipes and meal ideas, will help you to reboot your diet, improve your sleep, understand your hormones, reduce your stress and transform the way you think about your energy and your wellbeing.

RIGHTS: AVAILABLE

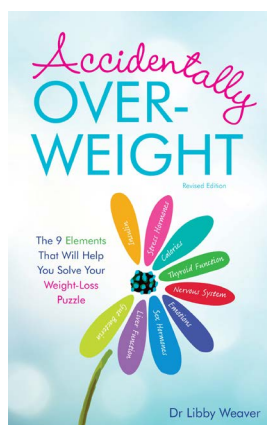


Exhausted to Energized

Everything in life is more difficult when we are exhausted. *Exhausted to Energized* offers you simple but powerful strategies to help liberate you from exhaustion and live a life with more energy.

RIGHTS SOLD: ENGLISH (UK),

GERMAN

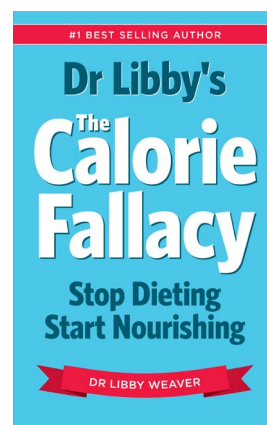


Accidentally Overweight

explores both the biochemistry and the emotions behind fat storage and optimal wellness by delving into the must-know nine factors essential to successful and sustainable weight loss. They include stress hormones, sex hormones, thyroid function and gut bacteria.

RIGHTS SOLD: ENGLISH,

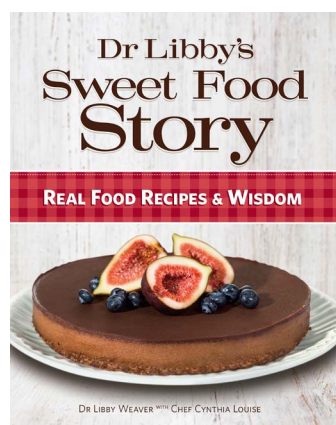
GERMAN, ITALIAN



The Calorie Fallacy

In a world obsessed with calorie counting, we find ourselves instead watching the waistlines of the Western world continually increasing. This book arms you with the wisdom to stop dieting and depriving yourself and start thriving. Stop dieting and start nourishing and start living with a new freedom with your relationship with food and your body.

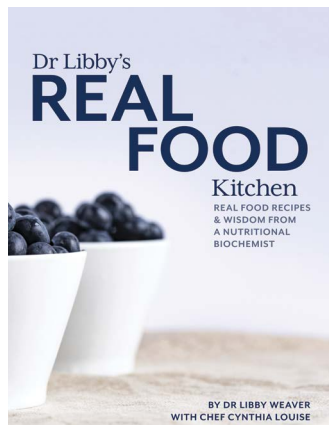
RIGHTS: AVAILABLE



Sweet Food Story

Many people make great food choices for breakfast and lunch, and then at 3 o'clock in the afternoon they feel like someone else has taken over their body, their desire for sweet food can be so intense. *The Sweet Food Story* cookbook was created with this in mind, as a way of educating and supporting you to eat sweet food

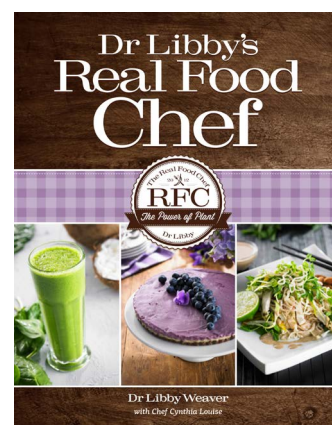
RIGHTS: AVAILABLE



Real Food Kitchen

The Real Food Kitchen will inspire you to take better care of yourself with the delicious and nutritious recipes featured. Packed with even more nutritional information as well as recipes that are firm family favourites that have been 'real food chef-ified', you will love using this beautiful cookbook.

RIGHTS: AVAILABLE



Real Food Chef

The Real Food Chef is a beautiful book that will revolutionise the way you are nourished. Filled with delicious and nutrient dense meals, drinks, snacks and sauces, this book educates and supports you to embrace a real food way of eating.

RIGHTS SOLD: ENGLISH (US)

GERMAN

About Dr Libby

Dr Libby Weaver (PhD) is one of Australasia's leading nutritional biochemists, an author, a speaker and founder of the food-based supplement range, Bio Blends.

Armed with an abundance of knowledge, scientific research and a true desire to help people regain their energy and vitality, Dr Libby empowers and inspires people to take charge of their health and happiness through her books, live events and nutritional support range.

Having sold over 400,000 across New Zealand and Australia, she is a twelve-times bestselling author and published globally including in UK, Germany, US, Canada and Russia.



Dr Libby is one of the biggest selling authors in New Zealand. She has written twelve best-selling books *Accidentally Overweight*, *Rushing Woman's Syndrome*, *Real Food Chef*, *Beauty from the Inside Out*, *Real Food Kitchen*, *Sweet Food Story*, *The Calorie Fallacy*, *Exhausted to Energized*, *Women's Wellness Wisdom*, *The Energy Guide*, *What am I supposed to eat?*, *The Beauty Guide* and has just released yet another, *The Invisible Load*.

A respected international speaker, Dr Libby's expertise in nutritional biochemistry has led her to share the stage with Marianne Williamson, Sir Richard Branson, Tony Robbins and Dr Oz. In 2014 she presented at TEDx, a talk that has been viewed over 380,000 times.

She is regularly called on as an authoritative figure in the health and wellness industry and has been featured in numerous media publications including *The Times*, *The Huffington Post*, *Sydney Morning Herald*, *the Australian Women's Weekly* and she appears regularly on breakfast radio and television.

With a natural ability to break even the most complex of concepts into layman's terms, Dr Libby's health messages embrace her unique three-pillared approach that explore the interplay between nutrition, emotions and the biochemistry of the body.

It's no surprise that when it comes to achieving and maintaining ultimate health and wellbeing, Hollywood stars Deborralee Furness and Hugh Jackman, describe her as a "one stop shop in achieving and maintaining ultimate health and wellbeing."



A stunning success story

Dr Libby has become a household name in New Zealand. Her first book, *Accidentally Overweight* (2011), became an immediate publishing success story and instantly reached the top of the best sellers list. Since that momentous first release, Dr Libby has become one of the biggest selling authors in New Zealand.

Early 2012 saw the launch of *Rushing Woman's Syndrome* and *Real Food Chef; Beauty from the Inside Out* and *Real Food Kitchen* followed in 2013. In 2014, *The Calorie Fallacy* and *Sweet Food Story* were released with the resoundingly successful *Exhausted to Energized* launching in 2015. *The Calorie Fallacy* broke all previous launch records and hit number two on the New Zealand best sellers – all titles list.

Last year (2016) Dr Libby released her most popular book to date *Women's Wellness Wisdom* and 2019 sees the release of *The Invisible Load*.

Joan MacKenzie, Head of Books for New Zealand's biggest book chain, Whitcoulls, describes Dr Libby as "a true phenomenon of the type we rarely see in publishing. Every one of her books has been consistently in our category Top 5 lists since publication, and they are, without fail, amongst our very best selling books week after week. I believe the secret to her success lies in her passionate knowledge of her subjects, through years of study and research – coupled with her completely authentic style and the absolute integrity she brings to everything she does. We love her books!"

The Invisible Load

RIGHTS: AVAILABLE

It's common today to hear people talk about how they feel overwhelmed. There are also plenty who put on a brave face, when behind closed doors it's a different story.

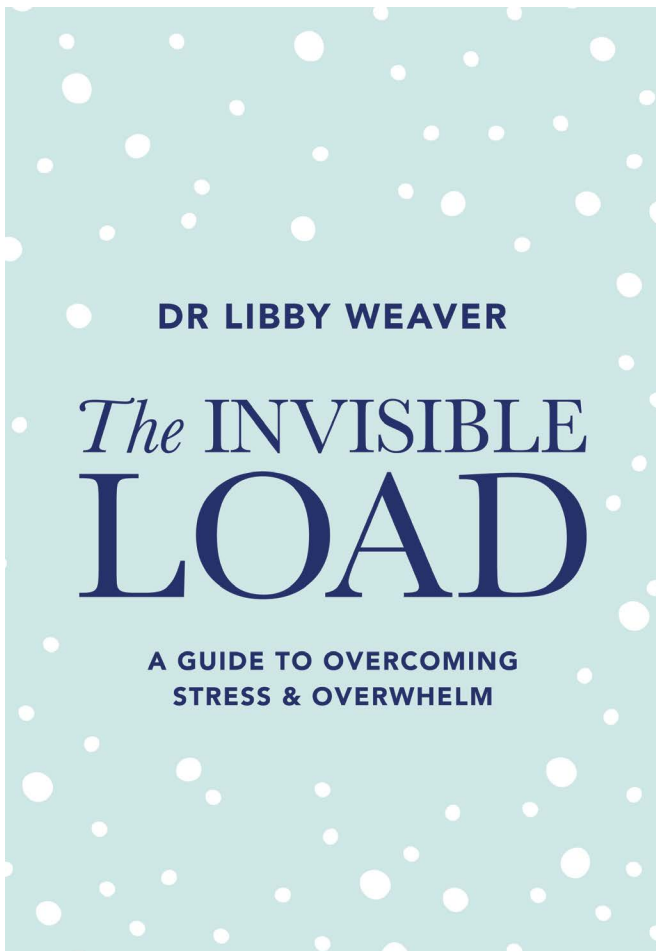
Where is this stress coming from? Is it really our tasks, duties and responsibilities—or is it something deeper? And why are stress levels continuing to rise?

The answer: our invisible loads.

Our invisible load is the stress we carry, that no one sees, that drives how we think and feel. From the physical load on our body, to the emotional load in our mind, this invisible load is what really sits at the heart of our stress. And until we learn to unpack this, reducing our experience of stress will be almost impossible.

In this carefully considered book, Dr Libby Weaver helps you to illuminate your invisible load to provide insight into what's driving the sense of overwhelm you feel for everyday tasks.

**FORMAT: SIZE 251 X 176MM,
PORTRAIT, 297PP**



A familiar pattern of overwhelm

An example of the load

On a day-to-day basis, there are challenges in our lives that others may not realise you cope with. Some people share their problems openly, while others put on a brave face and may never let you see their struggles. It can be hard at times to even let yourself feel the anguish of a situation. Maybe you're adept at flipping your thinking away from what's on your plate to considering those less fortunate than you. And there is a beauty and grace and gratitude to be experienced in those thought directions, but it doesn't take away from what you face each day: the things that your body or your brain—or both—might find difficult or confronting or just utterly exhausting and overwhelming.

As you will have read in the introduction, your invisible load is predominantly made up of the thoughts you think and beliefs you hold, but there's another factor that can unknowingly contribute to the weight of this invisible load and that's the choices you make on a day-to-day basis. You'll notice I used the word 'choice', and while when you feel overwhelmed it can seem like your choices are limited, each tiny choice you make can have a real impact on whether this adds to the burden of your invisible load or not.

Consider the flow-on effect of these choices below; many of them may feel familiar. We'll continue to unpack some of these throughout this book so if any resonate with you, note them down so you can explore them further.

HOW YOU CHOOSE TO FUEL YOUR BODY

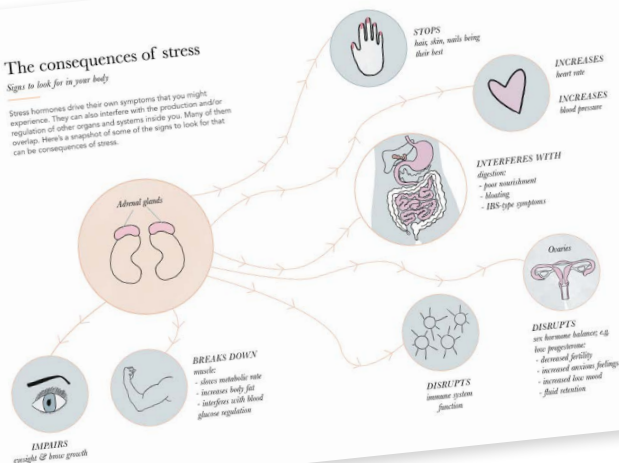
When you feel overwhelmed most of the time, it's likely that as you go about your day the moments you have to yourself are fleeting and, more often than you'd like, convenience drives your food choices. This way of eating—relying too much on processed and takeaway food—means your nutritional intake is, at times, lousy. This quietly adds to your invisible load by affecting your ability to feel calm and energised.



The consequences of stress

Signs to look for in your body

Stress hormones drive their own symptoms that you might experience. They can also interfere with the production and/or regulation of other organs and systems inside you. Many of them overlap. Here's a snapshot of some of the signs to look for that can be consequences of stress.



To recap

1 Out-of-balance sex hormones, which are almost always a result of the constant and relentless output of stress hormones, can lead you to a way of thinking, not to mention eating, sleeping and reacting, that hurts you.

2 You want to discern the 'what is' and deal with that. Even just doing this alone makes an enormous difference to your emotional health.

3 Do your absolute, committed best to deal with what is right here in front of you in the moment, not a story your mind is making up.

4 It can help to ask your heart: 'Does this really matter?' and act on your response—no matter whether it is challenging, uncomfortable or difficult. Ultimately, doing this will lead you to be more aligned with your values, which will decrease your sense of being overwhelmed and flood you with relief.



DR LIBBY WEAVER



The Beauty Guide

RIGHTS: AVAILABLE

In a world where so many women feel deflated by what they see in the mirror, tempted into the realm of 'enhancements' or drawn to anything that will help mask their 'flaws', *The Beauty Guide* shines a spotlight on what it means to be beautiful and acts as a guide to help the reader feel and look their best—at any age.

With a degree in nutrition and dietetics, a PhD in biochemistry and 20 years of clinical practice, Dr Libby's knowledge of what works and doesn't work for our bodies is extensive. In this stunningly illustrated book, she explains the nutritional, biochemical and emotional basis to beauty challenges such as acne, cellulite, and rosacea, and teaches you how to heal them by deciphering the messages your body is sharing with you.

But more than this, *The Beauty Guide* will help to reframe the way you look at beauty. Learn how to stop worrying about what others think of you, improve your relationship with your body and explore ways to inspire a new generation of girls with an innate belief in their inner beauty.

Filled with Dr Libby's unique blend of nutrition, biochemical science and emotional care, you can't help but feel more beautiful just by reading this book. With interactive worksheets, real-life stories and a step-by-step guide to healing 40 common beauty challenges, The Beauty Guide will change the way you look at and appreciate yourself—forever.

**FORMAT: SIZE 251 X 176MM,
PORTRAIT, 263PP**

Introduction

The beauty you were born with

on everyone carries about their health. On the one hand, this is uncomfortable to me, yet on the other, I feel it. If you've always had good health, you're not going to have ever experienced what it is like to try to exist (as opposed to "live") without it, you don't know what it's like to come out on top in state of your health. Yet, in contrast, almost everyone carries a little about how they look. Some people actually use "health" as a goal.

For most people, it takes a health crisis, disease diagnosis or a debilitating decline in life quality before they truly learn that they have a health problem.

I don't want it to take that for you to start caring for yourself. I want to get you back in touch with how truly miraculous you are, how much you love yourself and the gift that is your life to act on that caring. I want you to notice how much you love your life. Give your attention to the signs it gives you, and for you to have the tools to be able to deal with the signs you notice, and then act to better support your body.

And that's what this book is about, it's about how to take care of your body, and your body matters when it gives you, for

example, skin challenges, and for you to be living so in touch with how precious you are that you treat your Earth Suit (what I lovingly call the body!) accordingly.

A REFLECTION OF INNER PROCESSES

Understanding that your skin, hair and nails, for example, are an exterior demonstration of what is going on inside you helps you to know where to begin if you'd like to make changes. Or, to put it in another way, what to do if your body is asking you to make changes by giving you certain signs that you may not welcome. Treat yourself with the love and compassion you deserve and see challenges in these areas, not as stumbling blocks that interfere with your joy in life, but rather as the guiding light that shows you the way.

These days it is possible to obtain "fake" versions of beauty bits that we may not be satisfied with. If we are dissatisfied with our nails, for example, it is common for people to get acrylic covers. There is absolutely nothing wrong with this. It can be fun and bring you great pleasure, so by all means do it. Yet I cannot encourage

Understanding ageing

Under saddle

A graceful transition

Ageing is supposed to happen. We can't escape it or deny it. However, the level of debilitation it can cause or the speed at which it happens is something we can influence through our daily choices, particularly by what we eat and our perception of what constitutes stress. Not only do stress hormones have their own ageing actions via their ability to break down muscle, but the stress response typically increases breathing rates, which as you'll see can increase the substances that age us from the inside out.

THE THREE MAIN WAYS
WE AGE ARE:

1. oxidation
2. inflammation
3. glycation.

Let's understand this more and work out simple steps that can help us to prevent these degenerative processes from going too quickly.

OXIDATION:

Oxidation: Also known as oxidative stress, this is one of the major causes of aging. Damage is done to DNA, body proteins and cells by free radicals, single fragmented atoms. Free radicals, which are the oxygen units (we're talking of the oxygen molecular levels) have to be stuck together because they're radicals which don't have a full unit of oxygen. Free radicals are produced when we breathe in the body with small number of them, such as helping us with some viral protection. However, when they get caught in infection. However, when they get caught in excessive numbers, degeneration (aging) occurs. Free radicals are also reactions (aging) occurs. Free radicals are also reactions (aging) occurs.

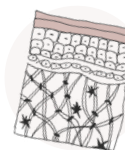
There is more to consider here. What leads you to turn over more oxygen? In turn, what leads you to breathe

— *Business Guide*/21

The Deputy ...

The Lively Weavers

I You can see that the surface of the skin is smooth and flat and that there is a high density of collagen and elastin below the surface supporting the top layer. You will also notice plenty of fibroblasts, cells that produce collagen and other fibrous. The more of these present, the better they ability to regenerate new collagen, provided you have adequate vitamin C available.



2 The skin is starting to fold in on itself due to the collagen and elastin starting to degrade. There are also fewer fibroblasts meaning there is now a decreased ability to regenerate new structural fibres to support the appearance of the skin.

The Beauty Guide

3 A wrinkle has now formed and there is a lack of collagen and elastin. There are even fewer fibroblasts at this stage in wrinkle formation.



What am I supposed to eat?

RIGHTS: AVAILABLE

When did food become so complicated?

For many people, deciding what to eat is often filled with confusion, fuelled by temptation or convenience and leaves them begging the question, “So, what am I supposed to eat?”

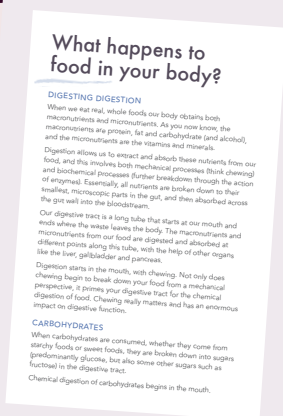
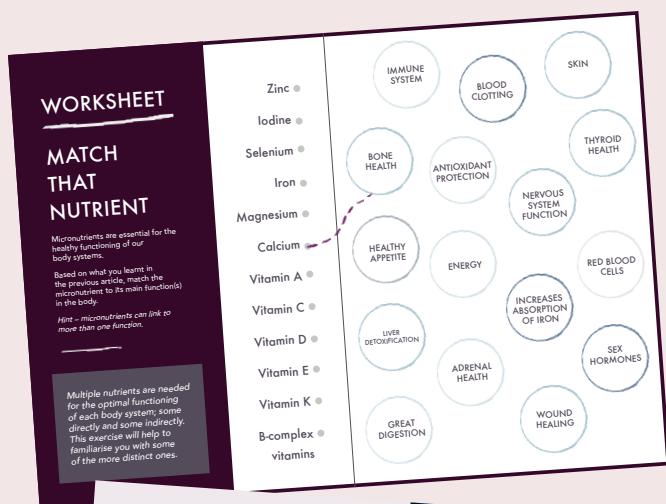
From knowing how much, what kind, to whether the latest food trend is ‘the one’ we need to follow, food has become overwhelming. And then there are those moments when you feel like no amount of food could satisfy your hungry heart. This book is a fork in the road when it comes to better understanding your food, your body, your appetite and what you are supposed to eat.

In this practical, inspirational, and visually beautiful book, Dr Libby pours her two decades of knowledge, research and clinical experience into comprehensive and easy-to-read articles, step-by-step guides, worksheets and real-life examples, to help you answer the question, “So, what am I supposed to eat?”

This is the go-to guide for making informed choices about food that won’t go out of date. It’s time to stop living in fear that everything you put into your mouth will affect the size of your body.

It is possible to change your relationship with food – forever.

FORMAT: SIZE 251 X 176MM, PORTRAIT, 312PP



Women's Wellness Wisdom

RIGHTS SOLD: GERMAN FRENCH

Learn what women of all ages need to know from this inspiring book, which includes step-by-step guides, worksheets, real-life examples and quotes.

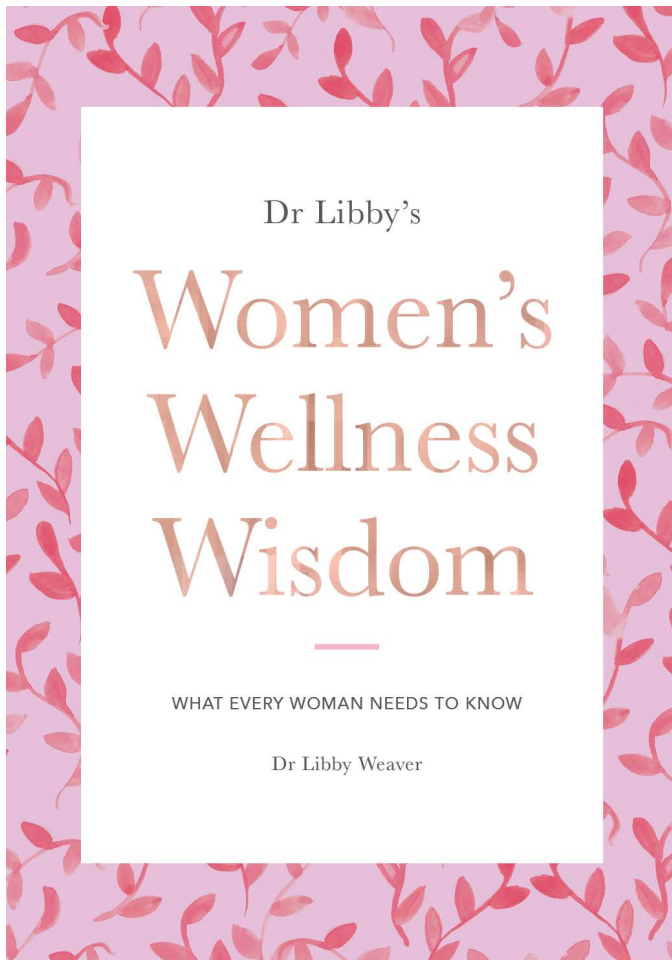
Being a woman is a beautiful gift – however, at times it can be easy to lose sight of this. We can often feel betrayed by our bodies, and feel as though we have no control over our thoughts, leaving us feeling like we're grasping for air while trying to meet everyone else's expectations. It doesn't have to be this way.

This book will help you to understand the "why" behind some of your common frustrations – from the weight you can't shift, to why you feel trapped on the "stress express", or why you find it so difficult to say "no" to some people.

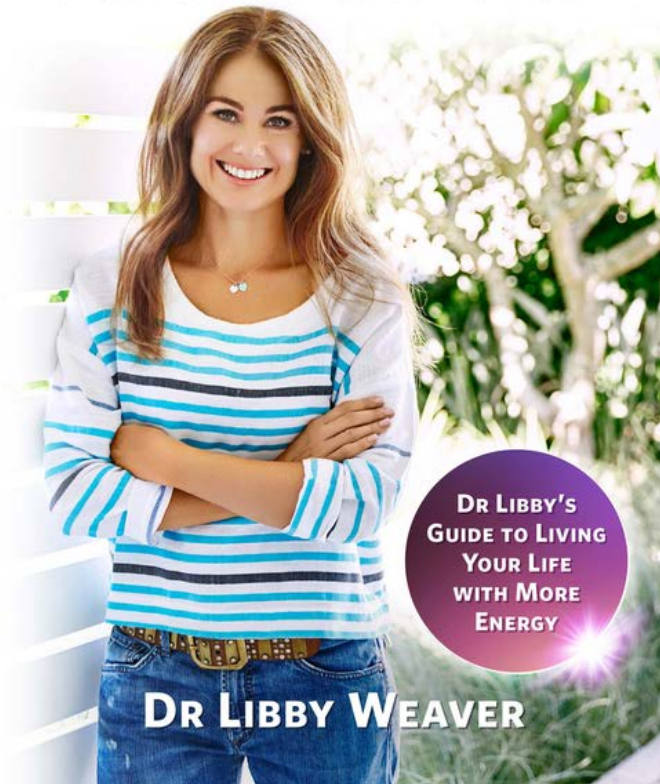
Learn what women of all ages need to know from this inspiring book, which includes step-by-step guides, worksheets, real-life examples and quotes to help you uncover the sources of your challenges, empower you with the knowledge to better understand your body, and guide you to create a life of exceptional health.

This is the book that every woman needs to read.

FORMAT: SIZE 251 X 176MM, PORTRAIT, 314PP



EXHAUSTED *to* ENERGIZED



If your most commonly used phrase is “I’m tired”, then this book is for you...

Exhausted to Energized

RIGHTS SOLD: ENGLISH (UK), GERMAN

What could you achieve, how would you behave, how would you speak, and what would your relationships be like if you no longer woke up exhausted, or counted the hours until the end of the day?

If your most commonly used phrase is “I’m tired”, then this book is for you...

In this groundbreaking new book Dr Libby explores the concept that energy is the most important currency of our health and a far more accurate indicator of health status than weight.

Using her unique three-pillared approach she explores the biochemical, nutritional and emotional factors that impact our energy. She also looks at the different rituals, foods, movements and emotions that either make a deposit of energy or a withdrawal—promoting the creation of more energy or contributing to its further depletion.

Learn just how varied the factors that influence our energy can be—from infections to hay fever, posture and even our inability to say “no”. Stress and nutritional factors are also explored as they can significantly impact our precious energy.

Dr Libby explores where energy comes from, how it’s made, what depletes it and how to reignite it. Her new research includes how allergies and brain chemicals such as dopamine can influence energy levels and she explores a new concept around ‘open loops’, a feeling that our brain has too many tabs open of tasks still to do, and the impact this has on our zest for life.

Empowered with the information in this book, learn simple but powerful strategies to help liberate yourself from exhaustion and live a life with more energy.

**FORMAT: SIZE 210 X 135MM,
PORTRAIT, 300PP**

#1 BEST SELLING AUTHOR

Dr Libby's The Calorie Fallacy

**Stop Dieting
Start Nourishing**

DR LIBBY WEAVER

The Calorie Fallacy

RIGHTS: AVAILABLE

How many of us have been told that if we burn more calories than we eat, weight loss will be inevitable? Yet, how many of us have discovered that this century old philosophy does not seem to apply to our body no matter how hard we work?

What if the foundation nutritional philosophy that the calorie equation is the sole determinant of weight loss is completely outdated and in many cases wrong?

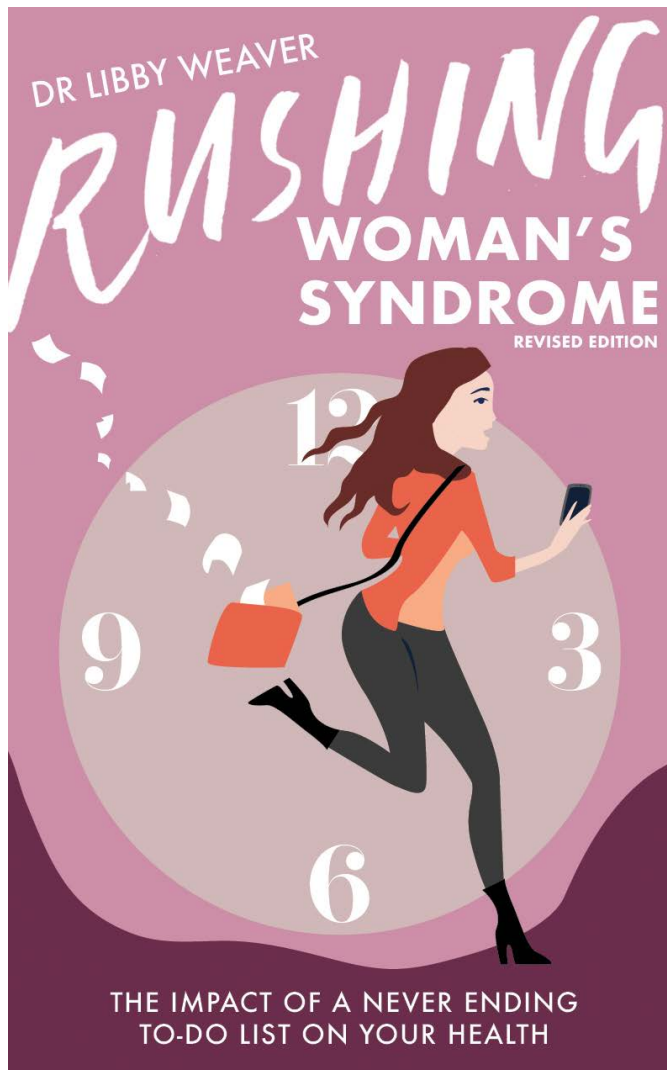
Best-selling author Dr Libby's book *The Calorie Fallacy* is designed to help you stop dieting and start living. It is time to stop counting calories. It's time for a new model of how to manage body shape and size. No longer are energy equations satisfactory in the information they provide. The concept that as long as you eat fewer calories than you burn will lead you to lose weight is well overdue for an update.

Dr Libby explores the fundamentals of weight loss like never before in this ground-breaking book that challenges the very core of weight loss convention and dogma. Dr Libby shares her own personal story and the journey that set her to uncover and explore the biochemistry of sustainable weight loss. She shares countless case studies of clients she has worked with, along with her two decades of scientific research into the principles of body fat loss.

Dr Libby contests the assumption that you have to lose weight to be healthy, instead replacing it with a paradigm-shifting statement that in fact you have to be healthy to lose weight. This book will transform how you view your body and enhance your understanding of what your body requires to lose weight.

**FORMAT: SIZE 135 X 215MM,
PORTRAIT, 316PP**

*What if the
foundation nutritional
philosophy that the
calorie equation is
the sole determinant
of weight loss is
completely outdated
and in many cases
wrong?*



Rushing Woman's Syndrome

RIGHTS SOLD: ENGLISH,

GERMAN, RUSSIAN

Rushing Woman's Syndrome describes the biochemical and emotional effects of constantly being in a rush and the health consequences that urgency elicits. This book was inspired by Dr Libby's clinical experiences and empathy for women and the many roles they now juggle.

If there was a common thread stringing all of Dr Libby's patients together, it was that so many of the women were in such a hurry to do everything and be all things to all people. She observed how the relentless rush was leaving women feeling tired but wired, with hormone-based health challenges such as infertility, endometriosis, polycystic ovarian syndrome and a debilitating monthly menstruation or menopause.

It doesn't seem to matter if a woman has two things to do in her day or two hundred; she is in a pressing rush to do it all. There is always so much to do, and she very rarely feels like she is in control or gets on top of things. In fact her deep desire to control even the smaller details of life can leave her feeling out of control — even of herself.

Overwhelmed, at times she feels like she can't cope, whether she admits it out loud or keeps it all inside, adding to her wound up, knotted stomach. She is fortunate if her sex hormones are balanced. Most women in this state suffer terribly with their periods and women who go into menopause in this state usually find it debilitating.

Dr Libby combines 14 years of university study and 20 years of clinical experience, in her unique conversational style, to offer you real solutions to both the biochemistry and the emotional patterns of the rush.

Since its first publication in 2012 this book has been a number one best seller in New Zealand (popn. 4.5m), selling over 42,000 copies.

**FORMAT: SIZE 135 X 215MM,
PORTRAIT, 384PP**

It doesn't seem to matter if a woman has two things to do in her day or two hundred; she is in a pressing rush to do it all.

Accidentally OVER- WEIGHT

Revised Edition

The 9 Elements
That Will Help
You Solve Your
Weight-Loss
Puzzle



Dr Libby Weaver

*It's not always a
lack of nutritional
education that leads
people to overeat:
it's biochemical or
emotional,
or both.*

Accidentally Overweight

RIGHTS SOLD: ENGLISH, GERMAN, ITALIAN

Accidentally Overweight explores the must-know nine essential factors to successful and sustainable weight loss. Offering you a very new way to understand your body with a dynamic, fresh approach to weight loss that you will just love.

Accidentally Overweight was born from Dr Libby's three-pillared approach to health and addresses the biochemical, nutritional and emotional aspects of what may be contributing to weight loss challenges.

Dr Libby exposes the truth on the long held belief that your weight is determined by the calorie equation — how much you eat versus how much you move — by exploring the nine essential factors that influence whether the human body is getting the message to store body fat or burn it.

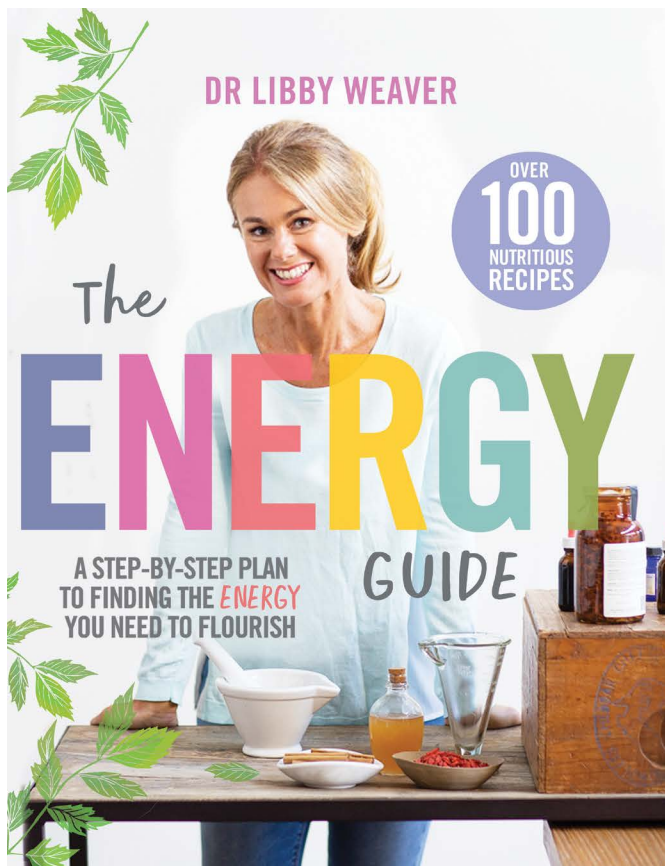
This book helps you answer the question, why do you do what you do, when you know what you know, when it comes to your weight. It's not always a lack of nutritional education that leads people to overeat: it's biochemical or emotional, or both. *Accidentally Overweight* helps you decipher this.

In *Accidentally Overweight*, Dr Libby uses heartfelt and relatable examples of why people may be struggling to lose the weight they desire, gleaned from her 20 years of clinical practice, and offers the reader tools to help solve their own weight loss puzzle.

Since its first publication in 2011 this book has been a number one best seller in New Zealand (popn. 4.5m), selling over 40,000 copies.

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THE COOKBOOKS



The Energy Guide

RIGHTS: AVAILABLE

A step-by-step guide to finding the energy you need to flourish.

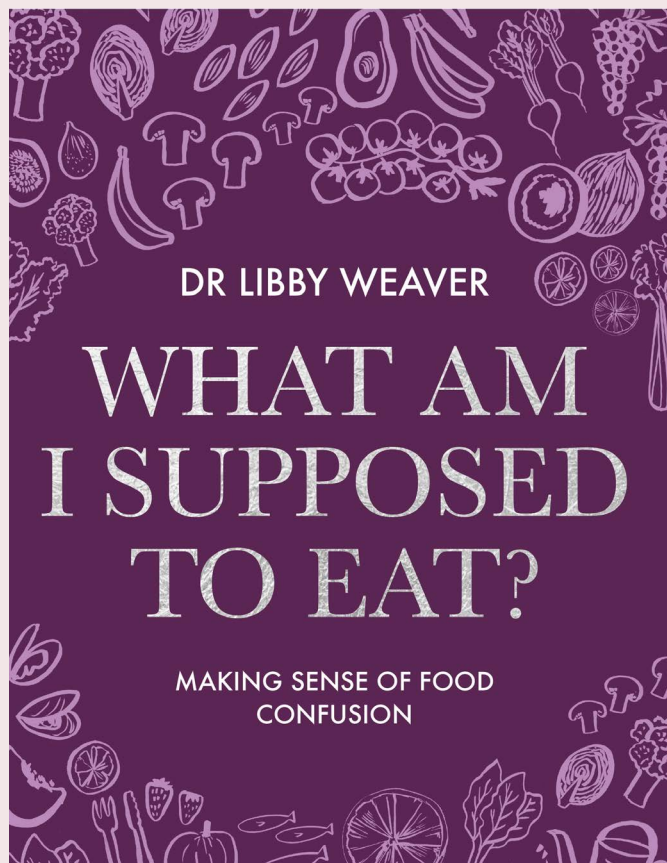
Dr Libby believes that our energy level, not our weight, is the most important benchmark of overall wellbeing. When we diet, we inevitably put the weight back on, but if we use energy as our wellness currency, we gain powerful insights into achieving good health for the long-term.

Drawing on years of academic and clinical experience, Dr Libby shows how to reboot your diet, improve your sleep, understand your hormones, reduce your stress and manage the demands on your time. She also provides over 100 recipes and meal ideas packed with energy-giving goodness.

Authoritative and compassionate, *The Energy Guide* will transform the way you think about your wellbeing, helping you make genuine and long-term improvements to your life to leave you healthier, happier and more productive.

FORMAT: SIZE 220 X 255MM, PORTRAIT, 272PP





Dr Libby's Real Food Kitchen

RIGHTS: AVAILABLE

Following on from the phenomenal success of the *Real Food Chef*, Dr Libby's second cookbook *Real Food Kitchen* takes family favourites and applies the *Real Food Chef* principles to ensure maximum nutrient density within every meal and every mouthful...

With 90 recipes covering breakfast, drinks, lunch, dinner, snacks, dressings and desserts *Real Food Kitchen* will inspire you to take better care of yourself with the delicious and nutritious recipes featured.

This way of eating has a wide reaching effect; it is not just about the outstanding nourishment that comes from each recipe, it is also about what we have left out: refined and artificial ingredients that have the potential to take away from your health such as refined sugar, white flour and preservatives.

This book provides you with amazing recipes that serve your health and happiness, brought to life in an easy to use, quick to prepare and deliciously tasting recipe system. Continue your journey to outstanding health, energy and vitality by embracing the *Real Food Kitchen* way of eating.

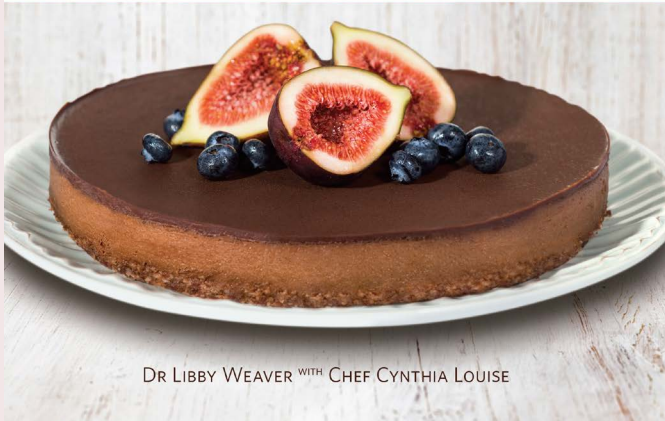
Witness the transformation as your body, mind and soul responds to true nourishment

**FORMAT: SIZE 250 X 195MM,
PORTRAIT, 304PP**



Dr Libby's Sweet Food Story

REAL FOOD RECIPES & WISDOM



DR LIBBY WEAVER WITH CHEF CYNTHIA LOUISE

Sweet Food Story

RIGHTS: AVAILABLE

Countless people make great food choices for breakfast and lunch and then at three o'clock in the afternoon or after dinner, they feel like someone else has taken over their body.

The desire for, and subsequent consumption, of sweet food can take hold without you really knowing why or what to do about it.

Too many people reach for sweet food that doesn't serve their health; in fact it may contain substances that actually have the potential to take away from their health. Yet they feel powerless to live any differently, having "tried" to change their sweet food habits many times.

In *Sweet Food Story*, Dr Libby clearly explains the sugar conundrum, how the body uses these sweet substances and why you may crave them.

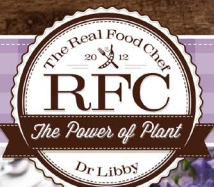
Dr Libby's *Sweet Food Story* also explains the biochemical pathways involved in the digestion, absorption and utilisation of sweet foods. The book provides you with recipes that offer practical and very delicious ways to enjoy sweet foods made instead from real food ingredients.

This book is essential reading for everyone, particularly those with a sweet tooth. Through a wide variety of sweet recipes, Dr Libby offers you delicious ways to enjoy sweet food while still nourishing your body in the best way possible.

**FORMAT: SIZE 250 X 195MM,
PORTRAIT, 264PP**



Dr Libby's Real Food Chef



Dr Libby Weaver
with Chef Cynthia Louise

Dr Libby's Real Food Chef

RIGHTS SOLD: ENGLISH (US) GERMAN

The *Real Food Chef* is your answer to eating healthy, delicious family-friendly meals that light up your soul and your energy.

Dr Libby responded to the multitude of requests to learn how to incorporate her health philosophy into everyday eating by creating the *Real Food Chef*. Dr Libby teamed up with the very gifted Chef Cynthia Louise to create this amazing real food cookbook that also contains nutritional information. It is a truly beautiful book that will revolutionise the way you are nourished.

We live in an age where so much of our food is processed, preserved, sprayed or chemically altered to increase its shelf life and attempt to make food more appealing to the human eye.

We eat on average 35 times a week and these eating occasions supply the cells of your body with the nutrients to give you optimal health, energy and vitality. While there are many conflicting health messages out there, health professionals are unanimous in their recommendations that a high plant diet is the most beneficial for optimal health and disease prevention.

The *Real Food Chef* is a whole food cooking system born from the desire to inspire you to eat 'low human intervention food' — real food the way it comes in nature. Filled with delicious and nourishing recipes, beautiful images, quotes to inspire and food education, the *Real Food Chef* has been designed to give you more energy to live the life you love.

**FORMAT: SIZE 250 X 195MM,
PORTRAIT, 288PP**



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