



Nourish: Mind, Body & Soul

Amber Rose, Sadie Frost, Holly Davidson

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Nourish is an inspiring compendium by three women, three friends, covering good eating, well-being and fitness and exercise. Each woman presents her own area of expertise, bringing you a holistic guide to caring for your mind, body and soul.

In her Super-Food section, Amber Rose offers a delicious array of breakfasts, soups and salads, mains and desserts and treats. All of her recipes use seasonal ingredients rich in vitamins, antioxidants and immune boosters, and bolster good health as well as exciting the palate. Try her Quinoa with a Rainbow of Jewels or Baked Pollock with Ginger, Tomatoes and Pine Nuts. Have fun with Frozen Yogurt and Blackberry Swirl Pops or indulge with pretty Baked Figs and Strawberries with Honey, Vanilla & Toasted Almonds. Revitalise with Super Red Berry & Kefir Smoothie, or relax with Mint & Orange Blossom Tea.

Sadie Frost's Super-Woman chapter is full of inspiring ideas to keep you on track and serene, from simple recipes to soothe tired skin to tips for organizing your day when there's simply too much to do. There are basic yoga exercises to promote physical and mental well-being, advice for meditations and guidance on mindfulness to keep your life moving in a positive direction. Sadie's refreshingly honest views on parenting, divorce, health and looking after yourself are both comforting and practical.

Finally, Holly Davidson's Fit-Woman section is sure to motivate you and get you moving. There are tips on the importance of fitness, making time to exercise and avoiding excuses, as well as helpful information on appropriate exercises through the years. Holly has developed a fabulous 4-week Exercise Program to get you active and make you stronger, fitter, leaner and more toned. Each workout takes less than 30 minutes but is sure to make a real difference.

The friends conclude their stunningly photographed book with two week-long programs for good living? Nourish Week and Cleanse & Tone Week. They hope that, in *Nourish*, you will find the kind of advice and support that you will turn to again and again, and that you will keep it constantly at hand for inspiration, amazing food and companionship.

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