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P.O. Box 342  
Three Rivers, MI 49093  
Phone (888) 273-4569  
www.ajoyin.com

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Contact: Pam Eichorn  
Ajoyin Publishing, Inc.  
pam@ajoyin.com

**“Look and Feel Fabulous Eating Food That Tastes Great and is Good for You!”**

“Fabulous! Volume II: Tiny Bites...and Beverages” by Laura Kurella

Three Rivers, MI (PR) August 23, 2011—Arising from the untimely loss of her father, Kurella has developed her own food plan called, “Cooking with Kaizen,” which centers on the Japanese philosophy of constantly implementing improvements or changes for the better. *Fabulous! Volume II: Tiny Bites...and Beverages*, is another great example of how, “Making small, kaizen-like changes in some of our most loved recipes, makes a big difference in how we look and feel. Best of all, we still get to enjoy our favorite foods and not feel deprived—that’s fabulous!”

In addition to her fabulous recipes, Kurella offers tried-and-true cooking suggestions, historical information and real-life experiences throughout the book to add a unique, personal flavor. *Tiny Bites* recipes are fun and simple, using common ingredients and minimal time so anyone can whip up something wonderful in no time. The book also features the unique accessory of exclusively customized pairings provided by St. Julian’s Winery president, David Braganini, giving the option of adding more fun and flavor to the table.

Her first book, *Fabulous! Volume I: Desserts*, established Kurella as an expert in healthy food recipes that are easy and fun to prepare and serve. Her delicious and creative recipes are presented weekly on radio, as well as through a nutritional newspaper column, *Vitality Cuisine*, which is syndicated weekly to over 100,000 readers.

*Fabulous! Volume II: Tiny Bites...and Beverages*

By Laura Kurella

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For author interviews, contact:  
Laura Kurella- (269) 625-5817  
Email: [Lurakurella@yahoo.com](mailto:Lurakurella@yahoo.com)

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Ajoyin Publishing, Inc. (888) 273-4569  
[www.ajoyin.com](http://www.ajoyin.com)

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