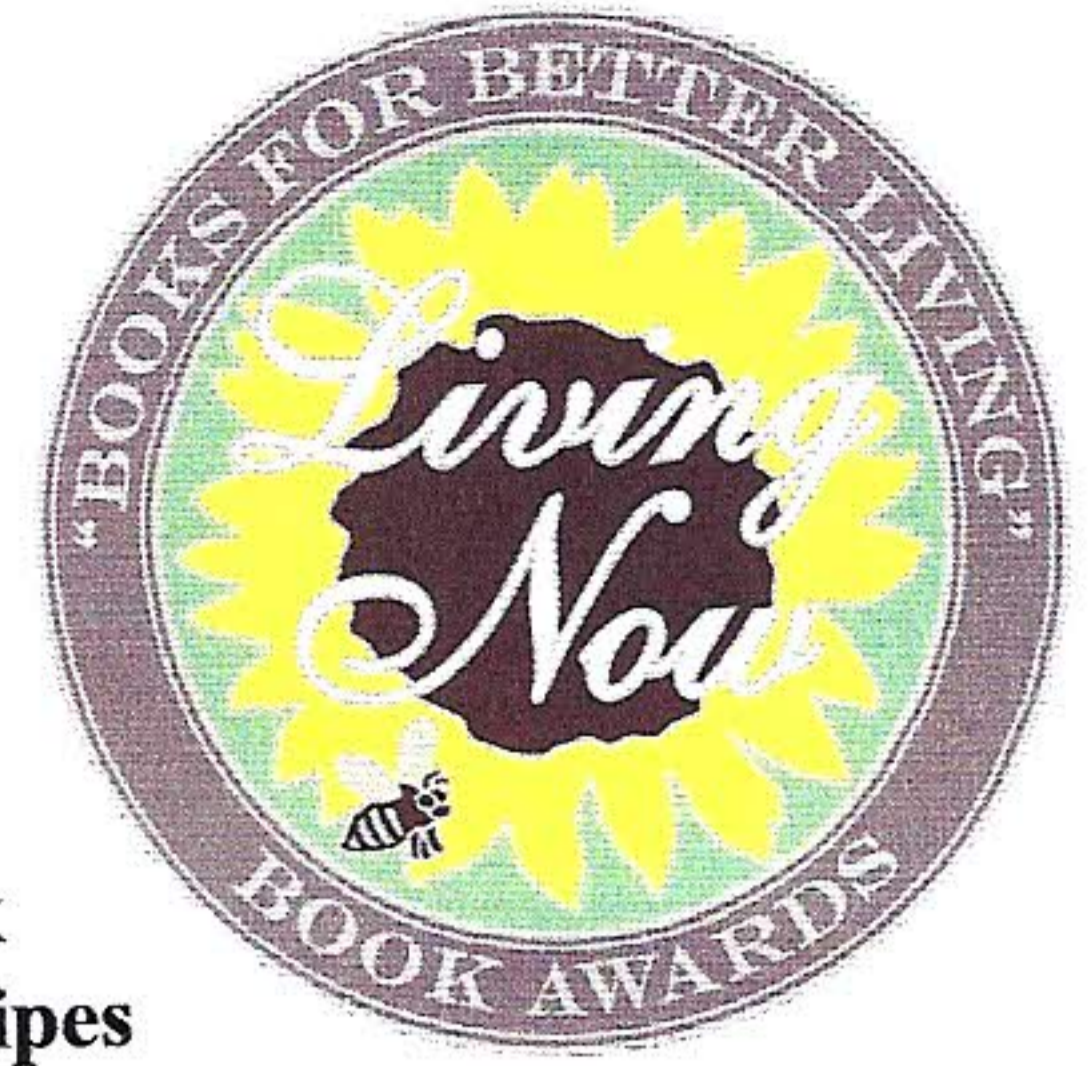


LIVING NOW AWARDS- PRESS RELEASE

Contact: Ten Talents - Frank and Rosalie Hurd
P.O. Box 5209 - Grants Pass, Oregon 97527
Toll Free: 1-877-442-4425; 1-541-472-1113
hurd@tentalents.net



**Classic Best-Seller Health Manual/Cookbook
Packed with Information, Illustrations, and Recipes
Satisfies Our Nutritional Needs in a Healthful and Appealing Way**

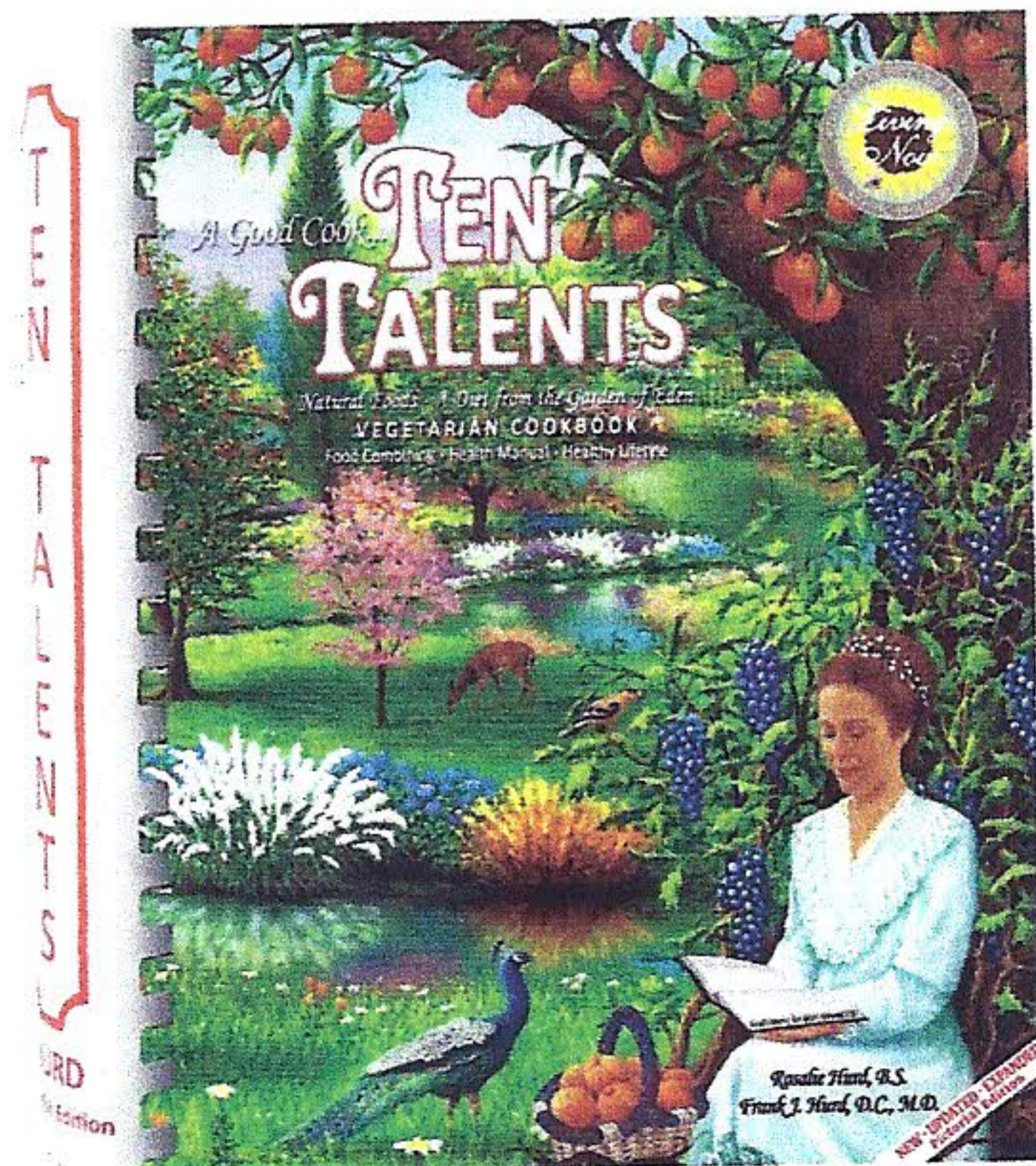
***2009 Silver Medal Award-winning book emphasizes
God's original diet for humans as found in Genesis 1:29**

"...I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." ~ Genesis 1:29

A Good Cook...TEN TALENTS, first published in 1968 -now celebrating over 40 years- has been called "The perennial 'best-selling' vegetarian cookbook" and "The all-time classic vegetarian's Bible." Now in a new updated edition, this 2009 Silver Medal Award winner in the Living Now Book of the Year Awards Contest - Cooking/Natural category is back.

This simply amazing cookbook, features over one thousand delicious, heart-healthy recipes that are low in fat and sodium, sugar-free, and fiber-rich. Beautifully illustrated with more than 1,300 color photographs. *A Good Cook...TEN TALENTS* is highly recommended for every vegetarian, the casual reader, the novice or experienced cook, and those who desire a new lifestyle of abundant health and happiness.

The book emphasizes God's original diet for humans as found in Genesis 1:29. Indeed, the principles of health and the practical approach to nutrition take you back to the Garden of Eden and a wholesome diet of fresh fruits, nuts, and seeds. Simple vegan and vegetarian recipes from nature's storehouse use whole grains, fruits, nuts, vegetables, and legumes that taste as good as they look. *A Good Cook...TEN TALENTS* is an enduring masterpiece and kitchen companion every reader, vegetarian cook and chef will cherish.



"Ten Talents is a wonderful vegetarian cookbook and so much more. It's loaded with information about using and preparing natural foods, proper nutrition and diet, and wise lifestyle advice -- all with the goal of helping people achieve abundant health."

**JENKINS GROUP
Jim Barnes, Awards Director**

A Good Cook...TEN TALENTS is available through health food stores, book stores, distributors, and online at: www.tentalents.net
For more information, send email to: Info@tentalents.net

A Good Cook...Ten Talents by Rosalie Hurd, B.S., and Frank J. Hurd, D.C., M.D.; Nonfiction; 675 pgs. Soft cover comb-bound; \$34.95; LCC# 2008909267; ISBN: 978-0-615-25597-2