



Avital Sebbag
Author of Five seasons in the kitchen zen inspired
vegan cooking



infoavitalsebbag@gmail.com

Five Seasons in the Kitchen, the beautifully designed, best-selling vegan cookery book in Israel has been published in English and the special hard back edition is available for a whole new audience.

The book presents readers with the opportunity to experience an exciting journey towards understanding the importance of food and nutrition and the mental, spiritual and physiological effects of a wholesome diet. Many people struggle with the concept of where to start and how to embrace change in their lives. Five Seasons in the Kitchen presents 75 easy to follow recipes, tips, insights and information to follow and inspire.

The author, Avital Sebbag is an N.D.LI.ac certified natural therapist, specializing in nutrition and ancient Chinese medicine. This book is the culmination of a life time's work as a vegan chef, Zen practitioner and the mother of five children. Avital runs workshops worldwide and is well equipped to initiate and support any marketing initiatives.

In order to fully realize the books potential and to reach as many potential customers as possible we are looking for an agent to handle our international distribution.

We are active online

<http://www.avitality.co.il/#!english/cwx5> and have social media presence on <https://www.instagram.com/avitalsebbag/> and <https://www.facebook.com/FiveSeasonsintheKitchen/>

We would very much like to hear from you to discuss possible ways in which we can work together to promote and distribute this beautifully crafted book overseas.

Kindest Regards
Avital Sebbag