

# PUBLISHER'S NOTE

## *The Simplicity Body*

Pure wow is my word for Jenn Pike. She is the real-deal and so incredibly down-to-earth, putting her heart and soul in everything she does. Jenn lives and breathes in deeply all of life, knowing the intrinsic value of walking her talk and taking care of herself so she can share her best with others.

It's been incredibly exciting to be a part of the birthing of the Simplicity Series. It began with Jenn's very first book in 2012, *The Simplicity Project*, which in conjunction with the 2015 New Edition has now sold well over 3,500 copies; followed by *The Simplicity Kitchen* in 2016, and now, *The Simplicity Body* in 2019.

Jenn embodies what she teaches. *The Simplicity Body* is not just another recipe book. It encompasses Jenn's lived experience and wisdom, her product and brand recommendations, as well as tried and true favourites from soul-soothing elixirs to bowls of yum as Jenn so adequately describes.

There is fun on every page and in every bite. Jenn cares, and she is committed to a life-long journey of learning and sharing all that goodness with her devoted tribe.

To say that we're proud and filled with joy to partner with Jenn and play a small part in this work is an understatement. Kudos again, Jenn.

Sheri Andrunyk

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