

# EPIGRAPH BOOKS

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**NEW BOOK BY PIONEER OF VEGETARIAN AND  
“GREEN” DIET/LIFESTYLE MOVEMENT**

***JOY’S RECIPES FOR LIVING YOUNGER... LONGER!*  
AN EIGHTY-SOMETHING BEAUTY REVEALS HER SECRETS**

**BY JOY GROSS**

"Joy is a force of nature."

-- *David A. Foster, Ph.D., Professor of Biology, Hunter College*

"Joy Gross is a living testament to the power of eating healthfully. Read, learn, enjoy."

-- *Laura Pensiero, owner of Gigi Hudson Valley in Rhinebeck, NY, registered dietitian, and author of Hudson Valley Mediterranean*

**Rhinebeck, NY** -- Have you arrived at that day of reckoning when you look in the mirror and find yourself admitting, "I don't like the way I look. I don't like the way I feel. I wish I could start over again!" Well, you can. Joy Gross is living proof that when you change your diet and incorporate healthful practices into your life, you will end up looking and feeling brand new. You can revolutionize your entire approach to living. Maybe you'll even take up skydiving at the age of 81, as Joy did!

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*Joy's Recipes for Living Younger ... Longer: An Eighty-Something Beauty Reveals Her Secrets* is not just another book about the virtues of eating better for health. Joy Gross and her husband, Dr. Robert Gross, co-founded the legendary Pawling Health Manor in upstate New York. Over the course of three decades, Joy demonstrated the effectiveness of the principles she believed in by applying them to more than 60,000 clients. Celebrities from Hollywood to Broadway paid tens of thousands of dollars for the health secrets provided at the Manor. But all of these secrets -- and more -- are revealed completely in this succinct and powerful book.

Gross fascinating life story, as detailed in *Joy's Recipes for Living Younger ... Longer*, provides the foundation for this book, Gross's own stubborn bout of psoriasis – generally incurable – paves the way for Gross's dietary discoveries and her desire to help others help themselves through a diet. A diet intended to be delicious and satisfying. The book includes delicious recipes – accompanied by gorgeous color photographs – of easy-to-make meals that offer practical ways to nourish the body and maintain an alkaline inner environment, which Gross believes is key in maintaining excellent health. Gross demonstrates how to make beautiful nutritious salads, innovative raw and steamed vegetables, and “magic” green chlorophyll-rich juice and smoothies, as well as luscious fruit plates and scrumptious desserts designed to satisfy every palate. Gross's goal is to help everyone enjoy a happier, healthier, and more vibrant life.

**Joy Gross** is a health expert and author who has been a pioneer in the field since the 1950s. She has been committed to a "green" diet and lifestyle for 70 years, since she conquered a serious childhood disease through a radical change in eating habits. As director, lecturer, and all around hands-on person at the Manor for over 30 years, her own knowledge and expertise became well honed. She is the author of three previous books: *The 30-Day Way to a Born-Again Body*, *Thin Again!*, and the seminal *The Vegetarian Child*. A mother, grandmother, and great-grandmother, who lives an active life in Rhinebeck, New York, where she paints, gardens, and jumps out of

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planes. Gross and her work have been featured widely in national and local media, including *Cosmopolitan*, *Vegetarian Times*, *Health Science Magazine*, *Family* “People Are Talking” with Oprah Winfrey, the “Regis & Kathie Lee Show” and ABC Talk Radio.

*For more information* about Joy Gross and her *Joy’s Recipes for Living Younger.. Longer!* visit [www.joygross.com](http://www.joygross.com)

## **JOY’S RECIPES FOR LIVING YOUNGER... LONGER!**

### ***An Eighty-Something Beauty Reveals Her Secrets***

By Joy Gross

ISBN: 978-0-9830517-2-5

December 20, 2010

120 pages, paperback

\$19.95

PUBLISHED BY EPIGRAPH Publishing Company  
an independent press in Rhinebeck, New York

[www.epigraphPS.com](http://www.epigraphPS.com)

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