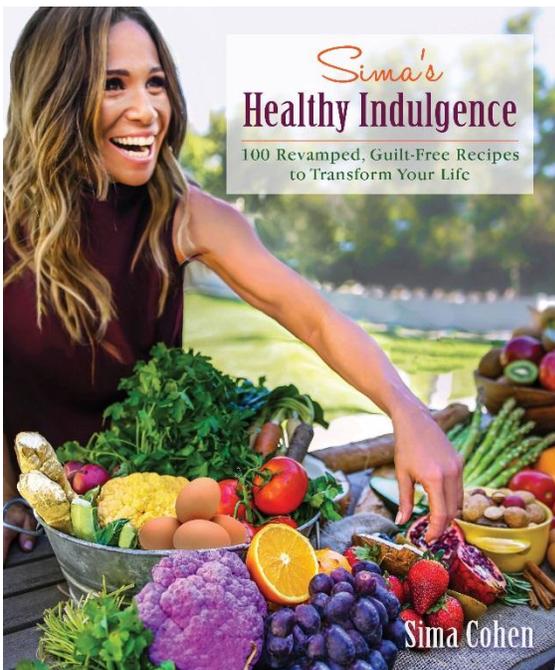




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CONTACT: Felicia Tsao
ftsao@skyhorsepublishing.com
(212) 643-6816 x 286

**Soul-Sizzling, Unprocessed, Simple Recipes for Those Who Are Done
with the Dieting Game!**



Sima's Healthy Indulgence

100 Revamped, Guilt-Free Recipes to
Transform Your Life

By Sima Cohen

Sima's definition of transformation is not about obsessing over the numbers on a scale—it is all about something that blossoms from within you, out from your very pores, that ends with a lustrous glow that shows all over your transformed self. It's not just about eating good food and feeding your hungry belly, it's about discovering who you are, and transforming your body and life from the inside out.

When clients said they had a sweet tooth, or they were hungry for their latest diet's "no-no food" and wanted to eat without the guilt that came with it, something immediately clicked in Sima's mind, and she knew that she had to create a perfect, life-changing meal plan for them. This book is the ultimate guide to guiltless freedom that you can celebrate every day, without any depriving, compromising, counting calories, or measuring body fat!

After two decades, countless hours, thousands of clients, and customized food and detox plans, it was a no-brainer to understand that everybody—no matter their age or social status—wants their

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cake and to eat it too. This book will transform how you think, what you eat, and the way you live. Losing weight is just the cherry on top of the sugar-free sundae.

About the Author:

Sima Cohen is a celebrity trainer, nutritionist, wellness expert, and life coach with more than twenty years' experience. In her life journey she learned the important elements that govern and influence health and happiness. She perfected her method to help people from all walks of life discover these elements which pave the way for achieving sustainable health and happiness in life: Self, Sweat and Substance. Her expertise in nutrition (substance) and fitness (sweat) has helped thousands of overweight individuals achieve ideal weight – the culinary part of that work resulted in the creation of this book. Sima resides in Los Angeles, California, with her daughter Kayla.

To request an excerpt or to arrange an interview with the author, please contact:
Felicia Tsao / (212) 643-6816 x 286 / ftsao@skyhorsepublishing.com

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