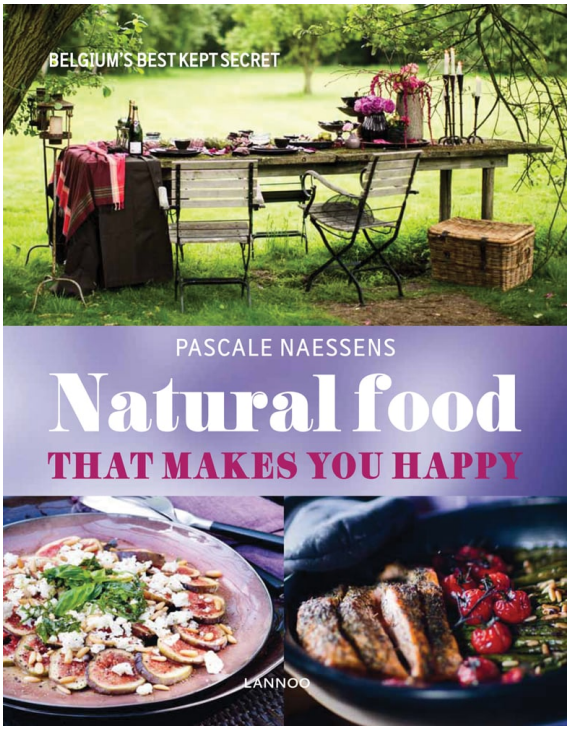
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Natural Food that Makes You Happy

Pascale Naessens

ISBN	9789401419833
Publisher	Lannoo Publishers
Binding	Hardback
Territory	World excluding Belgium, The Netherlands, France, Switzerland & Scandinavia
Size	260 mm x 210 mm
Pages	192 Pages
Illustrations	125 color
Name of series	Pascale Naessens
Price	£17.50

- Belgium's best kept secret when it comes to simple, great tasting, healthy food
- Delicious recipes with a common factor: respect yourself
- Winner of the Gourmand World Cookbook Awards
- Bestselling author, over 500,000 copies sold

Pascale Naessens is a bestselling culinary author. With her books, she created a new vibe where people can enjoy food and lose weight at the same time. Her recipes are recommended by doctors and osteopaths and are the proof that tasty food can also be healthy. *Natural Food That Makes You Happy* presents delightful dishes that are easy to make and packed full of flavour; food that makes you happy, beautiful and energetic. This book is not a diet book, it is a way of living and thinking.

Pascale Naessens is an international model, travelling to Milan, Paris, Madrid and Japan. At the age of 22, she travelled to the south of China and Hong Kong and became intrigued by the Eastern vision of health. She studied shiatsu therapy, healthy food habits coaching and Tai Chi. Passionate about food, she also received a classical training as a restaurant owner and received masterclasses with a number of chefs. She is also a famous ceramist and her ceramic line "Pure" is an international success.

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