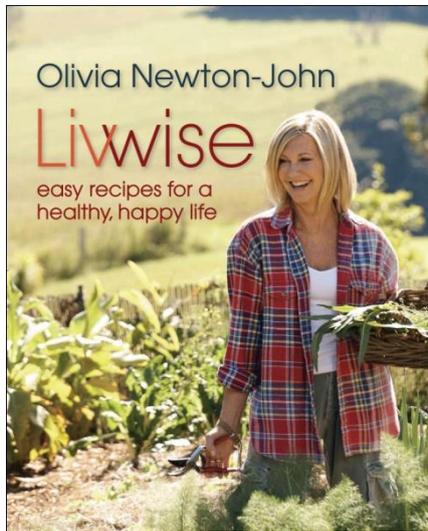




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PRESS RELEASE



LivWise

Easy Recipes for a
Healthy, Happy Life

by Olivia Newton-John

Published by Murdoch Books

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With a career spanning four decades and fans around the world, singer and actress Olivia Newton-John is more than accustomed to the pressures of a busy lifestyle. Yet, at the age of 62 she looks as young and vibrant as ever, radiating health, positivity and wellbeing. So, what's the key to her energy and vitality?

Since being diagnosed with breast cancer in 1992, the English-born star of *Grease* and *Xanadu* has stressed the importance of diet on overall health. Now, in her first ever book, **LivWise**, Olivia shares over 100 of her favourite recipes and introduces ways of eating and living that will keep you in good health and happiness throughout your life.

Offering the perfect mix of flavour and goodness the wholesome and tasty recipes - some created in her own kitchen and others contributed by friends and chefs at her Australian health retreat, Gaia – are the dishes Olivia loves to cook at home with friends and family.

From breakfast treats such as *Almond Pancakes with Berries and Yoghurt*, and delicious shakes and smoothies, salads and snacks including *Tabouleh and Avocado Salad* and *Chilled Watermelon Gazpacho*, to mains and desserts such as *Lentil and Spinach Casserole*, *Olivia's Lemon Chicken*, *Cashew*, *Macademia* and *Raspberry Tart* and *Liv's Easy Baked Apples*, all the recipes in *LivWise* offer a perfect balance of flavour, goodness and vitality.

About the author: *Olivia was already a successful recording artist, with more than 100 million albums sold, when in 1978 she was catapulted to super-stardom co-starring with John Travolta in Grease, the most successful movie musical of all time. She was diagnosed with breast cancer in 1992 and has since been an advocate for health awareness, becoming involved with several charities. Profits from the book will go to the Olivia Newton-John Cancer and Wellness centre. She lives in Florida with her husband, John Easterling.*

Olivia will be in the UK in spring 2012. For a review copy and information please contact Jane Beaton at Kew Publicity, 07802 433471 or janebeaton@tiscali.co.uk.

Murdoch Books UK, Erico House, 6th Floor, 93-99 Upper Richmond Road, Putney, London SW15 2TG
Telephone +44 (0) 20 8785 5995 Fax +44 (0) 20 8785 5985 Website: www.murdochbooks.co.uk