BOOK TOUR SPEECH

FOR

ANNA PLEWA

SAMPLE

Hello everyone!! It’s such a pleasure to be here today to meet all of you and share my “herbal adventures.” For me, the journey to wellness has been an almost lifelong adventure punctuated by many stops along the way. On that route I made some discoveries that have provided me with the inspiration to transform my relationship with food and nutrition through the exploration and use of herbs. I have researched and developed a comprehensive guide to preparing and enjoying simple, delicious meals inspired by eight of the most enduring cuisines of the world.

I paraphrase Benjamin Franklin, “ I may have seen thousands die of hunger, of eating a hundred thousand.” As with life, it is usually the case that what we need to solve a problem or “address an opportunity” can be found right in front of us… if we know where to look and how to use the bounties we’ve discovered. My book, ***Herbs in My Kitchen: Reference Guide for Everyday Cooking***, is designed as a treasure map… so let’s go and explore!