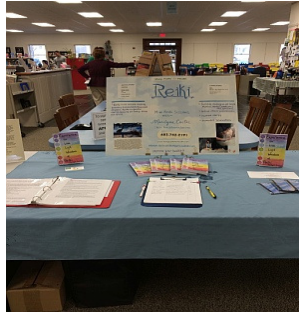


Marketing Materials



- Press Kit - author bio

About Us

Marilynn Carter

Marilynn has been cooking and working in the medical field since the age of 15. For the past 10 years she has been a wholistic health practitioner as well as a health and environmental awareness guide at, *Many Paths for Health*. With a belief that the Food we eat is another path for health, *No Fret Cooking* evolved. Marilynn lives in Dover, New Hampshire with her husband and together they have two daughters and one grandchild.

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Marilynn has been cooking and working in the medical field since age 15. A wholistic health practitioner and awareness guide at Many Paths for Health. ~~As I believe Food is another path for health, it was no surprise that *No Fret Cooking* emerged.~~

Marilynn has been cooking and working in the medical field since age 15. A holistic health practitioner and awareness guide at Many Paths for Health. From her belief that food is another path for health, *No Fret Cooking* emerged.

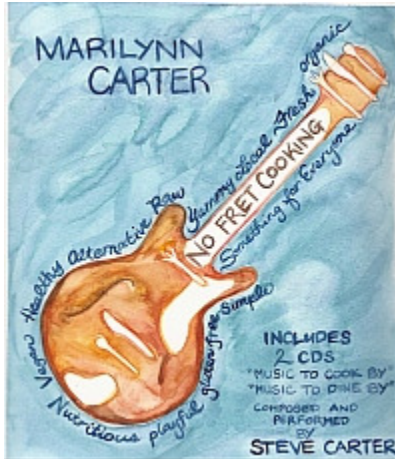
Steve Carter

Steve Carter, who taught guitar for 25 years at Berklee College of Music, composed, arranged, and performed all the songs on the two CDs that accompany *No Fret Cooking*. Learn more about Steve and his music at www.frogstoryrecords.com.

- third person
- author photo



- head shot, 300dpi
- book cover image
- hi-res, 300dpi



- Press release

Marilynn Carter will discuss her first book, “No Fret Cooking,” and share some recipes, at the Berwick Public Library on Tuesday, May 1st, at 6: 00 P.M.

Carter has been cooking since the age of 15 and works in the area as a holistic health practitioner. With her belief that the food we eat is another path for health, “No Fret Cooking” evolved with simple and healthy recipes for everyone, and no fret, with room for a cook’s own creativity and personalization.

In a unique twist for a cookbook, Marilyn’s husband, well-known jazz guitarist Steve Carter, has composed, arranged, and performed 22 songs on 2 CDs that are included with the cookbook. “Music to Cook By” and “Music to Dine By” are designed to accompany Marilyn’s recipes and include such tunes as “Hold the Bacon”, “The Great Asparagus Caper”, “Blueberry Blues”, and “Chakra Juice”. Steve will also be on hand during this book signing at the library, performing some musical selections from the CDs.

Marilynn Carter's presentation will include a slide show featuring recipes, cooking tips, and tips on healthy eating and eating with the seasons. She will respond to questions during the presentation, and in a Q&A session at the end of the

presentation. She will provide samples of foods prepared using recipes from the cookbook.

Together, the food and the music in “No Fret Cooking” are paired to make a culinary adventure designed to nurture, tantalize, and stimulate mind, spirit, and body as the recipes are prepared and enjoyed.

Signed copies of “No Fret Cooking” will be available for purchase at the program.

- **find a good librarian**
- **event proposal (modify press release)**
- **rework a librarian's press release**

- **Events**



- **books**
- **business cards, bookmarks, etc.**



- upcoming events cards
- mailing list signup
 - offer an incentive