



**Media Review Copy Request Form ~ SPRING 2018**

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**New SPRING 2018 titles include:**

*(please visit [www.robertrose.ca](http://www.robertrose.ca) 'Press/Media' for advance press material & sample spreads)*

**Seriously Good Freezer Meals:** 150 Easy and Tasty Meals You Really Want to Eat, *Karrie Truman (Washington)*

**Aromatherapy with Essential Oil Diffusers:** For Everyday Health & Wellness, *Karin Parramore (Oregon)*

**Fermentation Revolution:** 70 Easy Recipes for Kombucha, Kimchi and More, *Sebastien Bureau, David Cote (Quebec)*

**5-Ingredient Air Fryer Recipes:** 175 Delicious & Easy Meal Ideas Including Gluten-Free & Vegan, *Camilla Saulsbury (Texas)*

**150 Best Waffle Maker Recipes:** From Sweet to Savory, *Marilyn Haugen (Wisconsin), Jennifer MacKenzie (Ontario)*

**Using the GAPS Diet:** 175 Recipes for Gaining Control of Your Gut Flora, *Signe Gad (Copenhagen)*

**Other requests:**