

New Australian Author Book Release

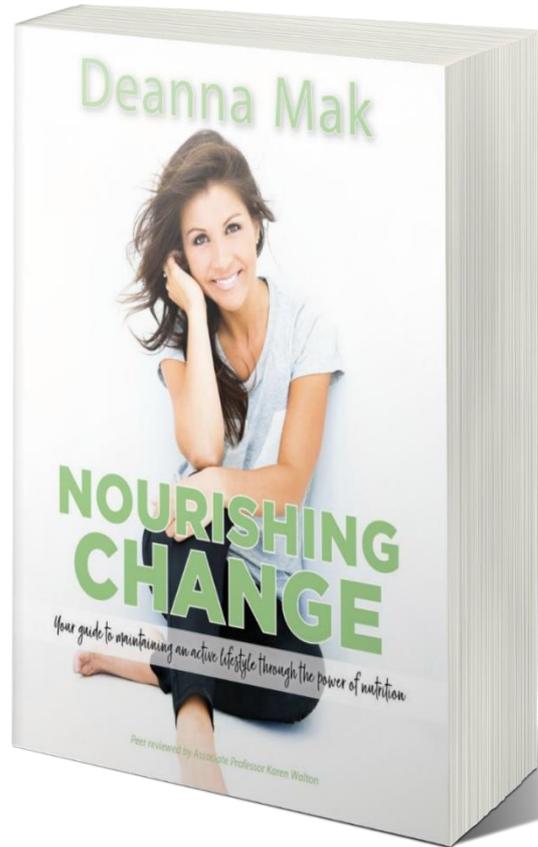
NOURISHING CHANGE

Deanna Mak

**Good health and longevity aren't just about surviving.
It's about thriving.**

Authored by Australian-trained Dietitian, Deanna Mak, *Nourishing Change*, provides the perfect balance between evidence-based nutrition and culinary enjoyment for people over 50.

Learn about the key nutrients needed to manage the physiological changes associated with ageing and how to incorporate them into your lifestyle. With more than 100 recipes personally developed by Deanna, *Nourishing Change*, teaches you how to enhance everyday meals and drinks, to help keep you thriving for years to come.



Visit shawlinepublishing.com.au for more details on the author, Deanna Mak.

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A Conversation with Deanna

Who inspires you to be your best self?

I don't draw inspiration from a single person, but rather from several different people. In my early life, it was influencers within the family such as parents, grandparents, etc. With time, I turned more to external influencers including those in the workplace. I've been fortunate to have many inspiring teachers and managers who have encouraged me to pursue my goals while providing mentorship along the way. Equally, I have also learnt that there are times when you need to be your own inspiration. For example, with this book I found there were little resources available like the one I had in mind, so I had to somewhat pave my own path as I navigated the goal of writing my first book.

What does literary success look like to you?

For me, taking the leap to create a book that drew on my dietetic knowledge with my love of food and recipes was a success. While my nutrition knowledge is strong, I stepped out of my comfort zone doing the food styling and photography. In addition to the success of creating the book, I hope that it can help inspire people over 50 to implement the nutrition guidance into their lifestyle and help them sustain their health in an enjoyable way.

What literary pilgrimages have you gone on?

My journey for this book stemmed somewhat out of frustration. I was frustrated as a Dietitian, that there was a lack of food and beverages in the supermarket targeted to the needs of older adults. Meanwhile, there was a plethora of products for babies, toddlers, sport enthusiasts as well as the increasingly trendy vegetarians and vegans. In addition, looking around at nutrition resources, many mainstream nutrition programs were targeted to younger adults.

One of the few places for trusted nutrition information was either in hospitals or for patients referred to a Dietitian due to illness. Having worked in hospitals, the information provided was typically handed out as a black and white photocopy-reliable information yes- but inspiring, no. Not like the beautifully designed recipe books or weight loss books targeted to younger audiences.

This inspired me to take a journey to fill this gap in the market. I had the nutrition experience to share knowledge with people over 50. With a love of cooking since I was a child and determination to present this information in an appealing way, I set out to motivate and inspire my audience to use nutrition as a tool to maintain their health regardless of their age.

What was an early experience where you learned that language had power?

I learnt that language had power during my education at high school. Learning the various types of writing during English classes was helpful to understand how the choice of words could have a big impact on how it can influence your audience. While studying Nutrition and Dietetics, I also learnt how the choice of words could determine how easily understood your message would be. It also quickly became obvious that without clear understanding, no nutrition recommendations could be implemented, no matter how committed your client. Throughout this book, I have endeavoured to deliver the latest nutrition science and deliver it in such a way that is easily understood by the reader making it enjoyable with the accompanying recipes.

How many hours a day do you write?

The time I spend writing each day varies. If the thoughts and words are flowing, I can easily write for up to 10-12 hours a day as I will be very energised by it. However, on days where I'm stuck on an aspect of the book, I will allow myself to take some space and may only write for an hour or two. On these days, I'd sometimes take myself to a different environment to write. There was the odd day while writing this book that I sat on the beach, jotting my thoughts down!

Do you believe in writer's block?

Yes. For me, writers block arises when I am stuck on a path forward in my writing. Sometimes it occurs when I've been writing too long without a break and simply need to step away for a period of time. While writing this book, the words tended to flow quite easily as I'd been mulling over the content of the book for some time before finally deciding to put pen to paper. To keep myself fresh for writing, I would regularly take breaks away in nature and even sometimes wrote a few words on the beach!



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