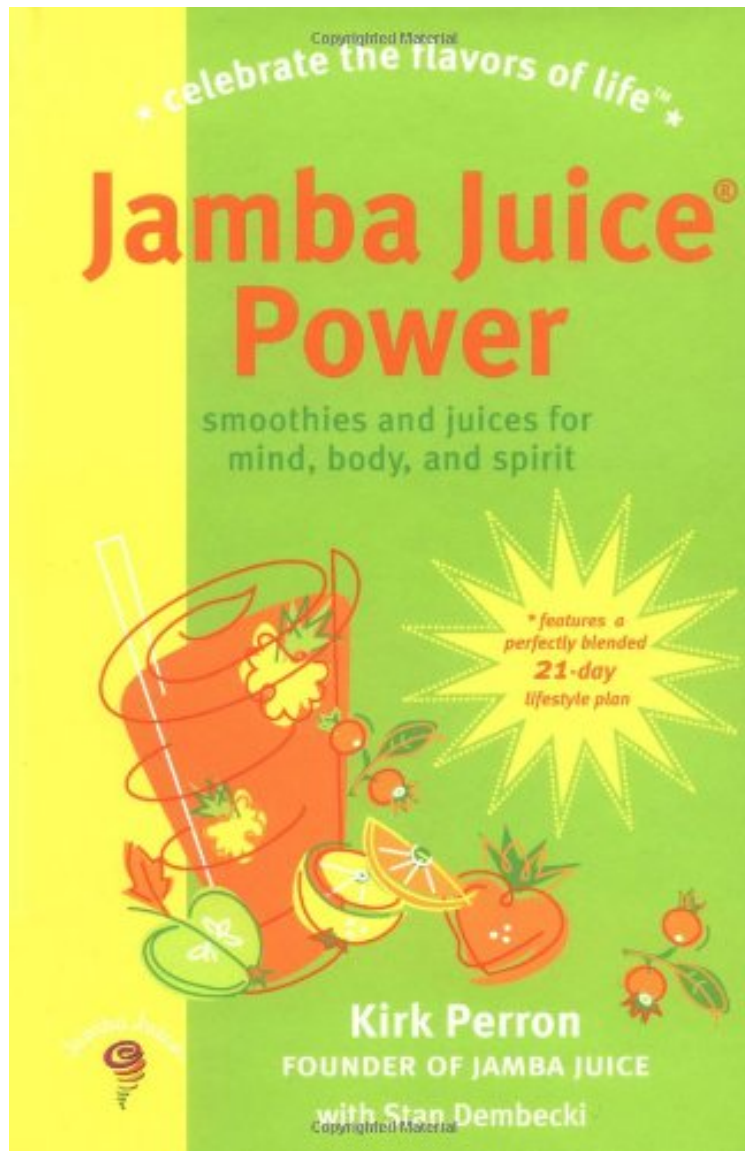


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## Jamba Juice Power

*Stan Dembecki, Kirk Perron*

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**Stan Dembecki, Kirk Perron : Jamba Juice Power** before purchasing it in order to gage whether or not it would be worth my time, and all praised Jamba Juice Power:

0 of 0 people found the following review helpful. Not what I expected at all! Was thinking recipes ...By kellyNot what I expected at all! Was thinking recipes would be more along Jamba Juice style but they are not.0 of 0 people found the following review helpful. Jamba juice powerBy PHYLLISI don't really care about this book. But I am keeping it because it does have great things in it. But it just wasn't what I had thought it was going to be. I was looking for the

recipe for banana berry I didn't see it in the book.0 of 0 people found the following review helpful. but definitely some great healthy tasty options for smoothie makingBy S K HNot too many of the regular/favorite recipes in here, but definitely some great healthy tasty options for smoothie making.

Jamba, from the African word "jama," meaning to celebrate, is the philosophy of Jamba Juice, a nationally known chain of smoothie and juice stores. Reasons to celebrate include good health, happiness, and of course, delicious, nutritious, all-natural energizing smoothies. In Jamba Juice Power Jamba Juice founder Kirk Perron shares dozens of his easy-to-prepare smoothie recipes (a blender is the only equipment required), his nutrition advice (developed with a team of scientists and physicians), and his twenty-one-day lifestyle-changing plan with daily tips for mind, body, and spirit and a relevant smoothie recipe. Jamba Juice Power is filled with Jambaisms-"Do unto your body as you would have it do unto you" (Jambaism #3), health fast-fact sidebars, illustrations, and testimonials, all delivered with the hip, irreverent attitude that has made Jamba Juice a phenomenon.

"One entrepreneur's secret brand [takes] a lifestyle that everyone seems to want and put[s] it in a smoothie. . . . For Kirk Perron, success comes not just from hard work, but from being authentic."About the AuthorKirk Perron is the founder of Jamba Juice, a chain of 350 stores nationwide. Each day, Jamba Juice stores serve up nutritious, all-natural smoothies and juices to thousands of customers. Last year, sales topped \$200 million. Perron is the recipient of numerous business awards, has been the subject of a cover story in Inc. magazine, and has been profiled in dozens of newspapers from the San Francisco Chronicle to The Washington Post. Stan Dembecki is an Emmy-nominated freelance writer.