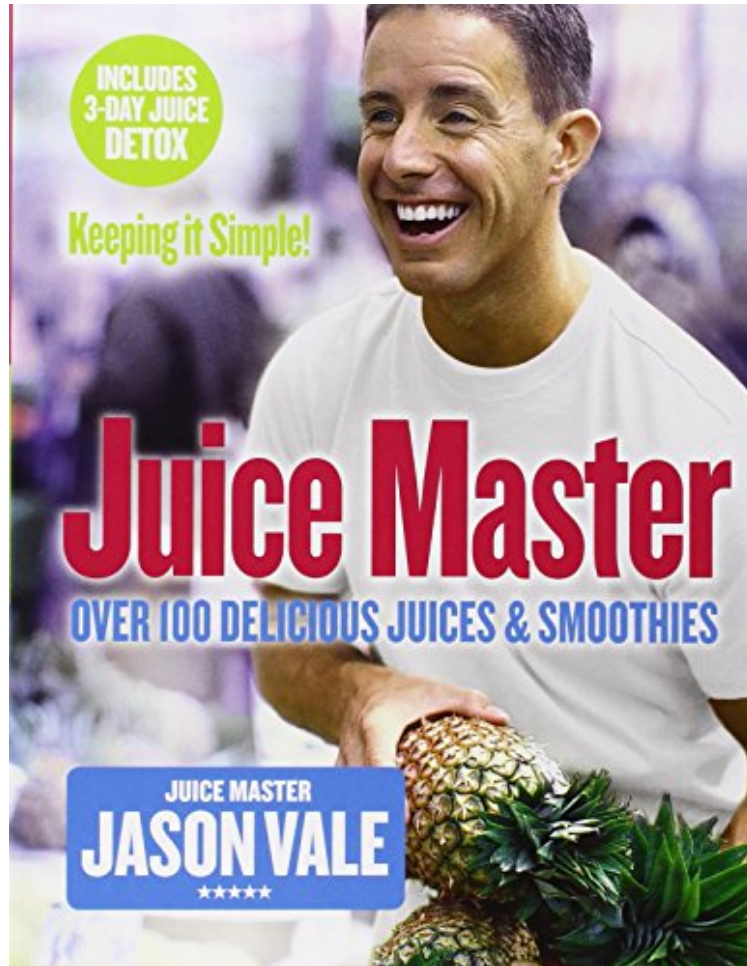


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Juice Master Keeping It Simple

Jason Vale

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Jason Vale : Juice Master Keeping It Simple before purchasing it in order to gage whether or not it would be worth my time, and all praised Juice Master Keeping It Simple:

0 of 0 people found the following review helpful. Great Juicing BookBy D. NovThis is an absolutely GREAT book for juicing. It was well put together. Beautiful color pages and excellent information about every recipe. It's a must have!0 of 0 people found the following review helpful. I like'd it but I'm sorry - I didn't love it enough to give it [5] starsBy ShilohI like'd it but I'm sorry - I didn't love it enough to give it [5] stars. Very colorful and chock full of information. Didn't care for a lot of the recipes but that's not Jason's fault. The book is well written and published in high quality paper. One negative is that it took a full month + 1 day to get it. Was 1 day past the date it was "guaranteed by". Guess Prime spoils me but even standard Media Mail typically doesn't take that long (note: I said typically). Again not Jason's fault. If you want it sooner, I suggest you upgrade the shipping from media mail. Some recipes were just for kids. If you have kids and are getting them involved - this would be a good learning tool to include with them.15 of 15

people found the following review helpful. This is all about fruit it seems. By Customer Being my first book about juicing I was a little disappointed. It was mostly if not all about fruit juices and smoothies. I was looking for more a a veggie type juice. This is not it. This guy is so excited on his youtube demonstrations I felt I had to get it.

Jason Vale presents recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.

'The juice programme works! And if it can work for me I believe it can work for anyone.' Jordan About the Author Jason Vale, the Juice Master, is a successful health and lifestyle coach and TV presenter. A fantastic advert for what he preaches: fit and healthy, he is a former chocolate-bingeing, lager-drinking chain smoker who has turned his life around, and since 1994 he has personally helped thousands of people destroy their cravings for the unhealthy products we're addicted to. His seminars are consistently sold out.