PUBLISHER'S NOTE

Jenn's brilliance is her ability to take a ton of information, find the truths within, add to it her own vast knowledge and experience, and turn it into something that we all can understand and actually use in our own lives. Not only do we feel her passion in every word, her conversational, down-to-earth and humorous style of writing engages us from beginning to end. We know that we too, can use *The Simplicity Project* to lead us to optimum health and well-being.

Jenn's hard work and dedication were instrumental in bringing this project to fruition. She is a joy to work with and, as publisher of *The Simplicity Project*, I look forward to seeing more from this motivating and inspirational author in the future.

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