



# Lioness Press

## BOOK ANNOUNCEMENT

### Lioness Press announces a major print run of the best-selling cookbook "DIRTY DINING".

**DIRTY DINING Will Be Brighter, Fresher, More Vibrant And Available At A LOWER PRICE**

North Carolina, March 23rd, 2018 -- The announcement of a major print run is exciting news for lovers of all things food and travel related. With over 50 five-star ratings on Amazon, DIRTY DINING: An Adventurers Cookbook, by Lisa Thomas will be published by Lioness Press in 2018. With brighter pages, more vibrant colors and quality paper-stock the new book is going to be as delicious as the recipes. Best of all, via Lioness Press, "Dirty Dining" will also be available at a lower price.

From comfort food and exotic dishes to sweet and gooey guilty desserts, adventurers and armchair travelers alike will appreciate each recipe's simplicity and ease of preparation, along with the photographs and the tales of adventure that accompanies each one.

#### FROM THE AUTHOR

This book is not intended to be a gourmet cooking guide but gets down to the nitty-gritty of how to create real meals when there is nothing much around to eat. In Dirty Dining, I've shared lessons learned from my time travelling the world and from my background as a health and fitness professional. I want to show you how, with just a small selection of basic foodstuffs, it is possible to produce quick, tasty and nutritious meals.

Lioness Press are as passionate about presenting and printing my delicious book as I am. I was desperate to be able to present my travels, and recipes with improved quality, brighter pages and really wanted the recipes, meals and photos to jump off the page. This quality of the new book is what I'd always hoped it would. I'm beyond proud and excited.

*“Visually stunning, this hugely entertaining book is packed with hard earned on the road experience, top healthy eating tips, and mouth-watering recipes that are so good you'll want to be using them at home, too. Even novice cooks will find the recipes easy to follow; each is a taste bud journey and there's no better introduction to the flavours of the world. For me, an important part of the beauty of this collection of recipes is that none will burn your travel budget. Never has so much tasty and practical cookery advice been put in one place with so much fun involved. I guarantee you'll be smiling as you cook! —Sam Manicom, Author, Motorcycle Adventure Travel Books*

#### ABOUT THE AUTHOR



Lisa Thomas is considered the world's foremost female adventurer rider, having ridden longer and farther in a single journey than any other female motorcyclist in history. Lisa's occasionally lavish but often tough and extraordinary life is the stuff of legend. She has dined with Maasai warriors, business moguls, and presidents. She is an International Ambassador for global brands like BMW Motorrad and is on the advisory council for the Ted Simon Foundation. She is a food lover, cook, keynote speaker, motivator, writer, photographer, and musician.



#### DIRTY DINING An Adventurer's Cookbook

Author: Lisa Thomas  
Photography: Simon Thomas  
Publisher: Lioness Press  
ISBN-10: 0692058311  
ISBN-13: 978-0692058312  
Price: \$29.99  
Format: Paperback  
Size: 8x10  
Pages: 160  
On Sale Date: 03.01.2018

*“Wow! Lisa Thomas' new cookbook is a visual and taste delight.”*  
—Tim Davis

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