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FOR IMMEDIATE RELEASE

***THE LITTLE BLACK APRON SCHEDULED FOR NATIONAL RELEASE***  
**The Authors of *The Little Black Apron* Launch Their New Book in Style**

NEW YORK, NY: *The Little Black Apron: A Single Girl's Guide to Cooking with Style & Grace* is scheduled for national release on Tuesday, October 9, 2007. The authors, Jodi Citrin, Melissa Gibson, and Katie Nuanes, will begin their national launch in New York City. The book retails for \$14.95 and is available in retail outlets including Borders and Barnes & Noble, as well as online retailers such as Amazon.com.

*The Little Black Apron* is the accessory for women in their 20s and 30s. The book, published by Adams Media, offers hilarious commentary, sexy anecdotes, and tangible solutions to healthy and simple cooking. Each chapter outlines the 4-1-1 on essential utensils, pantry staples, nutritional tips and basic cooking techniques. Delicious and nutritious recipes for single-serving weeknight meals (because a gal should be out with friends or on a date Friday and Saturday!) cover main courses, salads, side dishes, and even desserts.

Jodi Citrin, M.S., R.D. is a nutritionist and the president of Citrition, LLC. She has appeared in various print outlets, including *Women's Health*, *Fitness* and *Parenting* magazines. She has appeared on *Good Morning America* and is the national spokesperson for Dannon Danimals yogurt. She lives in New York City.

Melissa Gibson has traveled the world accumulating culinary knowledge and saucy stories. She has worked for a variety of Fortune 500 companies and is currently working in advertising at DINE. The Food & Drink Agency. She lives in San Francisco.



Katie Nuanes is a graduate of the California School of Culinary Arts. After working at San Francisco's Greens Restaurant under famed Chef Annie Somerville, she is now a personal chef in Orange County, California. She lives in the Los Angeles Area.

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If you'd like additional information about this topic, or to schedule an interview with the authors, please call Lori Amster at 917/561-3928 or email Lori at [loriamster@hotmail.com](mailto:loriamster@hotmail.com).