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Author and Whitewater Cookbook Climb to New Heights

While Nelson cookbook guru Shelley Adams is celebrating the release of her third book by trekking in the high altitudes of Nepal - her newest cookbook is climbing bestseller lists across Canada.

Whitewater Cooks with Friends is Shelly's third cookbook in the *Whitewater Cooks* series. Within a week of its October 3rd release, the book shot to number one on the BC Bestseller's list and by the second week achieved the top spot on the National Bestseller list's *Home/Leisure* category compiled by BookManager, an industry data collection company. In fact, all three cookbooks by Shelley Adams are now ranked in the top four positions for this category - beating out such notables as Michael Smith and Jamie Oliver.

An icon to booksellers throughout BC, Shelly's previous cookbooks have become word-of-mouth bestsellers for their unique, delicious and foolproof recipes easily duplicated by the average home cook. Her Nelson design team has added to the appeal of the recipes with stunning visual presentations.

Shelley and her husband, Mike Adams are the former owners of the Whitewater Ski Resort in Nelson, BC. Trained in France with experience catering to the film industry, Shelley opened the Fresh Tracks Cafe at the Whitewater Resort. Her menus were so popular that the demand led to her first cookbook, *Whitewater Cooks: Pure, Simple and Real Creations from Fresh Tracks Cafe* (Whitecap Books). A rave review in the New York Times launched the book to national bestseller status. After selling their ski Resort, Mike and Shelley set up their own publishing company, Alicon Holdings. When Shelley produced *Whitewater Cooks at Home* in 2009, it sold over 27,000 copies in its first year.

Whitewater Cooks with Friends features easy to make, impressive recipes that appeal to home cooks. Released in October, it's now available for \$34.95 at bookstores, wineries and kitchen shops throughout BC and beyond. When not trekking in the Himalayas, Shelley and Mike live in Nelson, BC.

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Interviews:

Shelley Adams will be available for interviews after November 15th.

Mike Adams is available for comment now at 250-825-9334 or 250-354-7942 (cell)

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