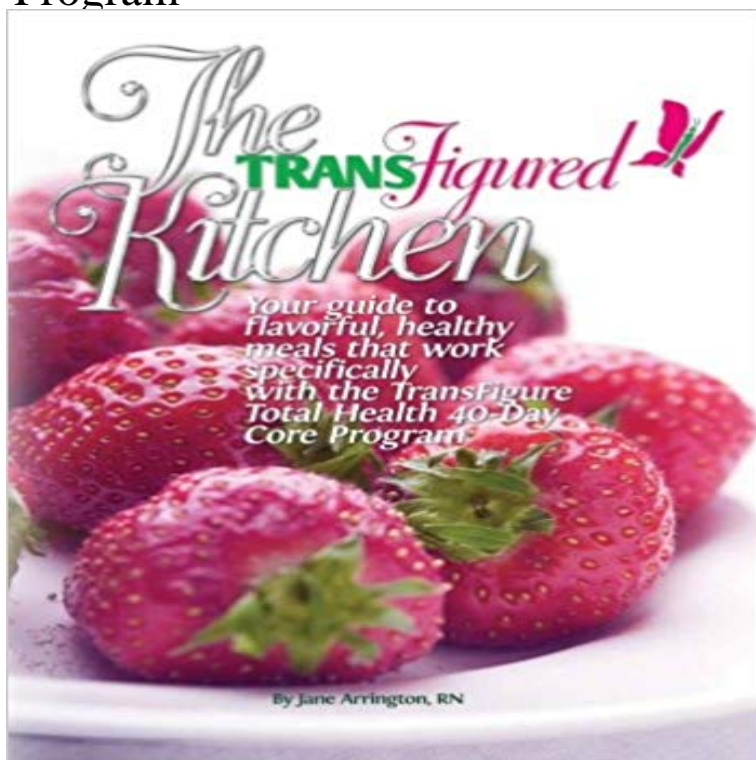


The TransFigured Kitchen: Your guide to flavorful, healthy meals that work specifically with the TransFigure Total Health 40-Day Core Program



Looking for a delicious, ultra-healthy meal? Then welcome to The TransFigured Kitchen! In these pages you'll find recipes for everything from refreshing salads to comforting stews - all bursting with flavor, yet none with a speck of sugar or fat. In fact, you won't find carbs of any kind, and we've kept sodium to a minimum too. Made for the HCG program. Has great tips, ideas and recipes to help with your success. But these dishes are bursting with flavor from natural herbs and spices, and fresh, wholesome ingredients. Formulated to work with the TransFigure 40-Day HCG Program, you'll find favorites to keep coming back to on Day 41 and long after. In fact, even if you're not planning to go on a program of any kind, a book like this is invaluable for those times when it just feels right to eat ultralight.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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