

**FREE
EVENT**

“Jasmin’s story is an inspiration to create your best self and your best life.”

— **Neal Barnard, M.D.** New York Times bestselling author of 12-Day Kickstart and Power Foods for the Brain

SATURDAY MARCH 5TH

BOOK LAUNCH PARTY

THE LOFT CINEMA THEATER
3233 E SPEEDWAY BLVD.
TUCSON, AZ 85716

**Always Too
Much and
Never Enough:
a Memoir**

- Jasmin Singer

5-7PM

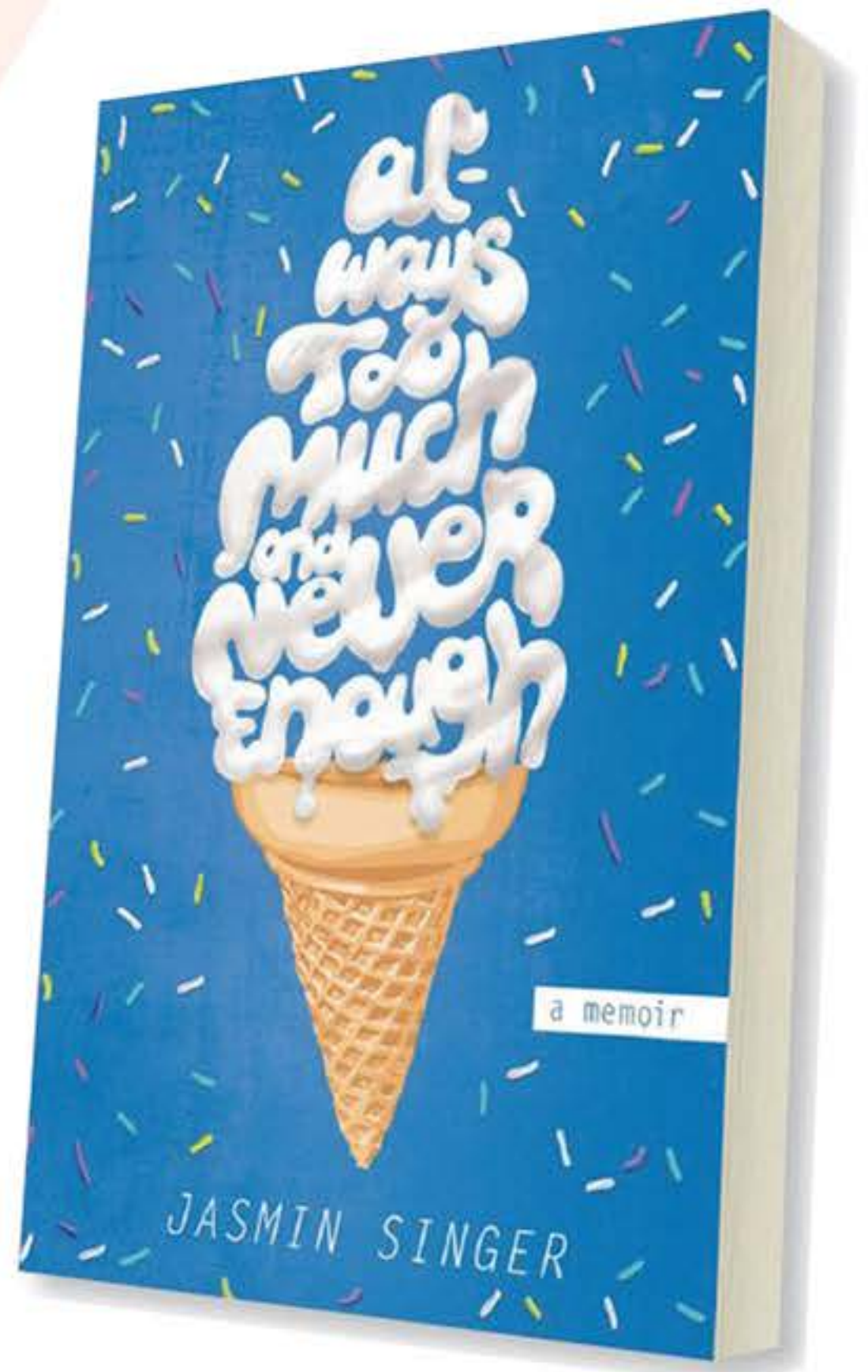
Meet and Greet and Book
Signing with Jasmin Singer

7PM

Presentation, Reading and
Q&A Session

Come Early from 5-7PM
to purchase a deliciously
healthy dinner from our local
food vendors!

Note: The Presentation is FREE
and is on a first come first serve
basis so come early to get your
entrance ticket.



One Woman’s Journey to Find Herself Though Juicing, Veganism, and Love, as She Went From Fat to Thin and from Feeding her Emotions to Feeding Her Soul.



Always Too Much and Never Enough: a Memoir

A book signing and reading with author and activist Jasmin Singer

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About Jasmin Singer

Jasmin Singer is the executive director of Our Hen House, a nonprofit working to change the world for animals. She is the cohost of the Webby-recognized Our Hen House podcast, has written for numerous online publications including Huffington Post and MindBodyGreen, and has appeared on The Dr. Oz Show and HuffPo Live, and in the award-winning documentaries Vegucated and The Ghosts in Our Machine.

Visit her online:

jasminsinger.com

OurHenHouse.org

[Facebook.com/jasminsinger1](https://www.facebook.com/jasminsinger1)

[@jasmin_singer](https://www.instagram.com/jasmin_singer) | [@ourhenhouse](https://www.instagram.com/ourhenhouse)

"In *Always Too Much and Never Enough*, Jasmin Singer shares her powerful story and reveals the impact on one individual of everything that's wrong with our modern food system – from the way food is created to the way it's marketed. Jasmin tells her story with passion and insight, whether she is discussing her childhood as a chubby kid who was bullied, or discussing the way our misguided food system destroys the lives of animals – and the health and happiness of so many people. All the while, Jasmin manages to maintain a sense of humor, too – an important ingredient in a book that has the power to reach people and to change the world."

– Gene Baur, Author, *Living the Farm Sanctuary Life*

"Jasmin Singer's relentlessly honest memoir is a must read for anyone who wants to lose that extra 5, 10, 20 or 50 pounds. By revealing everything, and I mean everything, about her agonizing journey from fat to thin, from meat to plants, from insecurity to confidence, Singer gives us the courage to confront our own emotional eating triggers and our own hypocrisies around food. I couldn't put it down."

– Jane Velez-Mitchell, New York Times bestselling author, *iWant*