

Neighbors

ROBYN~OF~ALL~TRADES

TELEVISION PERSONALITY-TURNED-AUTHOR RELEASES "SUPER SHOPPER" BOOK SET

BY FRAN BOOTH

For recommendations on almost every topic known to man, think: Robyn Spizman. A native Atlantan and longtime resident of Sandy Springs, this television personality-turned-author proclaims, "I'm an idea fanatic! I wake up every day thinking of new ways to solve life's little problems."

Once an art instructor in a Dunwoody school, Robyn attracted the attention of a publisher interested in committing her ideas to paper. That initial success evolved into a 15-year run on Channel 11's "Noonday News," where Robyn enthusiastically shared her how-to and craft ideas with viewers from 1982 to 1997.

Today, Robyn describes herself as a mom, a consumer advocate, a bargain shopper and a businesswoman. "All my ideas and proposals come from real life," she said. Whether it involves parenting or shopping for a good buy, Robyn draws upon the rich source of material the everyday provides. "And I've been lucky to have children and a husband who lovingly support my ventures, not to mention supplementing my ideas with their own creative suggestions. Children always offer a fresh perspective on a subject!"

In addition to her extensive television career, which includes appearances on CNN, The Discovery Channel's "Home Matters," CNBC's "What's Hot" and Channel 11's "Peachtree Morning with Tom Clark and Carmen Burns," Robyn has penned a total of 63 books. Her projects include a well-known 1996 book co-written with H. Jackson Brown, Jr., titled *A Hero In Every Heart*, and a 1997 undertaking, "When Words Matter Most," for which she received wonderfully positive feedback. She has also successfully co-authored four parenting books with her friends Stephen and Marianne Garber. Two of the more acclaimed titles are "Beyond Ritalin" and "Good Behavior."

On a daily basis, this seemingly tireless businesswoman co-manages a public



KAREN BRITO

ROBYN SPIZMAN DISPLAYS HER RECENTLY RELEASED SIX-VOLUME BOOK SET COVERING EVERYTHING FROM LOW-FAT RECIPES TO IN-FLIGHT TOTE BAG NECESSITIES. EACH VOLUME IS FEWER THAN 100 PAGES AND RETAILS FOR \$2.99. "ALL MY IDEAS AND PROPOSALS COME FROM REAL LIFE," SHE SAYS.

how to choose produce, maneuver the meat department, select seafood; includes information about numerous oils, vinegars, spices and nuts, stresses safety in food preparation;

Free and Fabulous - Lists resources for locating services and products at no charge, instructs readers on searching for Internet freebies, discusses freebies for kids, catalogues free speakers, programs and tours;


Getting Organized - Recounts the numerous benefits of organization, emphasizing the importance of time management and provides the newly-organized with tips to banish clutter; also comments on space-saving devices, controlling paper,

and conducting a successful garage sale;

Meals in Minutes - Presents quick and tasty recipes organized by category from appetizers like salmon roulade wrap up to desserts comprised entirely of fresh fruits; and

Quick Tips for Busy People - Shares suggestions for taming the telephone and gives readers time-saving tips for kids, gardeners, travelers, wedding planners, home buyers and those who love to entertain.

Considering her upcoming schedule, Robyn's time management tips must be worth their weight in gold. Impending projects include an immediate trip to New York for to promote her books in 22 cities by satellite, in addition to the release of a new book this fall. Titled "The Perfect Present - The Ultimate Gift-Buying Guide for Every Occasion," the work proposes to remove all anxiety from the reader's gift-giving process.

Whom does Robyn credit for all her success? "I attribute my achievements to my parents and their constant message that anyone can do anything," Robyn says. "That's the way I've tried to live my life and it's the same message I repeat to my children today." 

relations firm with her husband Willy called The Spizman Agency. How does she manage to do it all? "I have a wonderful life partner!" exclaimed Robyn. "We work closely on every business undertaking. Not to mention co-parenting our two children, Justin and Ali."

Robyn's most recent project is a six-volume set titled "Super Shopper." The sequence combines time management with a sort of self-help for the homemaker, providing viable solutions to the plight of conflicting priorities and too little time or money. Recently released and available at local bookstores, the set retails for \$17 (or \$2.99 each).

Each paperback is concisely written and small enough to tuck into a purse. The advice covers everything from low-fat recipes to in-flight tote bag necessities, in fewer than 100 pages per volume. The volumes are:

Kitchen 101 - Covers topics such as basic cooking equipment, various herbs and flavorings, measurement equivalents, simple recipes and recipe substitutions, maintaining a clean and organized workspace, and making the most of the microwave;

Supermarket Secrets - Illustrates