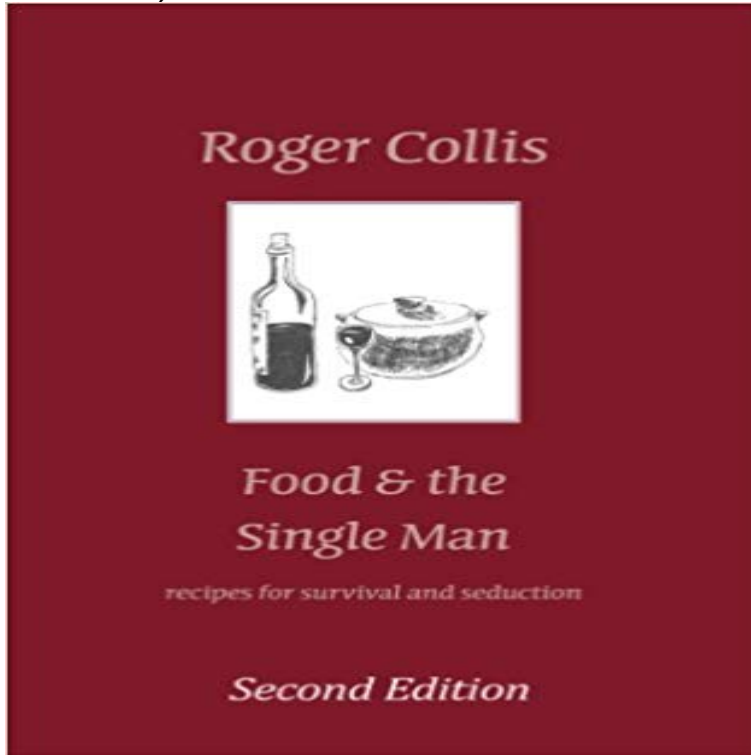


# Food and the Single Man: Recipes for Survival & Seduction (Second Edition)



Roger Collis is best known for his column, *The Frequent Traveler*, published every Friday for 23 years (1985-2008), in the *International Herald Tribune*; and as a contributing travel columnist for the *New York Times*. The second edition of Rogers bestselling book, *The Survivors Guide to Business Travel* was described by the *London Times* as the best source of independent travel advice on the market. He is also the author of *If My Boss Calls, Make Sure you Get His Name*, a collection of columns satirizing the corporate life. Roger won a special award in the *Carlson Wagonlit 2004 press awards* for the *Business Travel* industry. A life spent as a road warrior has given Roger a wealth of culinary experience, good and bad. In this engaging book, part memoir and part cookery book, he gives readers the benefit of his years of experimenting in the kitchen. He says I work with intuition and what I have to hand, which will vary; and I have learned to trust the taste buds in my head. So trust me; you will want to make your own adjustments as you go along; but all these survival recipes do work more or less. Roger is a versatile voice artist and narrator. There seems to be no truth in the rumour that he plans a late late late career change to go into public relations as a full-time celebrity cook. You can visit him at: [www.rogercollis.co.uk](http://www.rogercollis.co.uk) About the Author Roger Collis has earned world-wide recognition as a business travel guru through his weekly column, *The Frequent Traveler*, every Friday for 23 years (1985-2009) in the *International Herald Tribune*; and as a contributing travel columnist for the *New York Times*. He has been described as the dean of business-travel journalists in Europe, who created the template for business-travel columns in newspapers worldwide. He writes a bi-monthly column for *CNN Traveller* magazine, and contributes each month to *OAGs Eye on the Skies* newsletter. A

veteran corporate infighter, with 15 years experience in international consumer marketing, Roger was educated at Liverpool University in England; he is a member of the International Alumni Association of IMD Business School in Lausanne, and is the author of Harvard Business School teaching case studies. He served as a commissioned officer in the army during his military service. In the 1960s, Roger was a star copywriter with Colman, Prentis & Varley the largest British international advertising agency at the time. He later became European marketing director and managing director of the Europe headquarters in Lausanne of the U.S. multinational Miles Laboratories, with whom he stayed 11 years; then spent four years as group vice president, responsible for marketing and new business development, with Cederroth, a Swedish-owned healthcare group based in Geneva. He was headhunted in 1980 for his last corporate job as marketing and sales director for Merck, Sharp & Dohme, the British subsidiary of Merck Inc., from where he commuted weekly to his home in Antibes on the French Riviera. He subsequently spent a year as associate editor with International Management magazine, published by McGraw-Hill, before becoming a full-time writer and occasional consultant based in the South of France. The second edition of Rogers bestselling book, *The Survivors Guide to Business Travel*, was described by the London Times as the best source of independent travel advice on the market. He is also the author of *If My Boss Calls, Make Sure you Get His Name*, a collection of columns satirizing the corporate life, published in 1984. He won a special award in the Carlson Wagonlit 2004 press awards for the Business Travel industry. Roger describes himself as a professional expatriate, having lived most of his life in Switzerland and France. He is very comfortable in a French-speaking environment. Roger is in demand worldwide as a conference & round-table speaker; meetings & focus group

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