



Food for Thought A Menu of How to Eat and Live in Good Health

By Susan Cox

iUniverse, Inc. Paperback. Condition: New. 72 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Food for Thought is the perfect book for anyone who has issues with food and is serious about making a commitment towards healthy living. Registered dietitian Susan Cox shares her personal problems with food, and she understands the frustration of those who suffer through endless, unsuccessful diets. Food for Thought is not a diet plan; it is a non-diet book. Susans integration of personal stories with sound nutritional advice makes this a fun, easy read that will teach you how to make your own nutritional and fitness decisions and control your own eating behaviors in a way that promotes a healthy lifestyle. Finally, a nutrition expert has written a weight management book that is practical and real. You wont find page after page of mind-boggling biochemical nutritional big talk, just simple real-life wisdom and common sense guidelines. You dont have to spend countless hours plodding through complicated diet books or waste time searching for the latest nutritional tips in health and fitness magazines. Food for Thought provides all the weight management information you need in a quick, simple, and personal read. Join Susan as she dishes up a...

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