

1. Record Nr.	UNINA9910150491603321
Autore	Ltd Bokish
Titolo	A Joosr Guide to Eat. Nourish. Glow by Amelia Freer : 10 Easy Steps for Losing Weight, Looking Younger and Feeling Healthier
Pubbl/distr/stampa	Hove, : Bokish Ltd, 2015
ISBN	1-78567-086-7
Edizione	[1st ed.]
Descrizione fisica	1 online resource (25 p.)
Disciplina	613.2
Soggetti	Nutrition--Popular works Nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Copyright Page; Contents; What's it about?; Food has an emotional impact on most people's lives; Fat is not a villain; The state of your kitchen often matches the state of your health; Every step you take is a choice you make; Regular exercise is vital for your physical, mental, and emotional wellbeing; Good nutrition helps you live your life to the fullest; Snacking needs to be balanced; Retraining your taste buds to enjoy water; Final summary; Now read the book
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