



## Whole Food Diet: Healthy Eating (Paperback)

By Cathy Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Whole Food Diet educates on how to make the best food choices for you to lose weight, gain energy, battle disease, or just sleep better! Are you tired of waking up tired? Do you wish you had longer-term energy? Sick of dieting to lose weight? Would you like to control your moods better? Then this book is for you! This guide shows you how to create a healthy relationship with food. You'll create mini habits that will change your life forever! You can expect to. \*Lose weight \*Unleash energy \*Gain physical strength \*Improve your mind \*Prevent serious illness And so much more!.

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