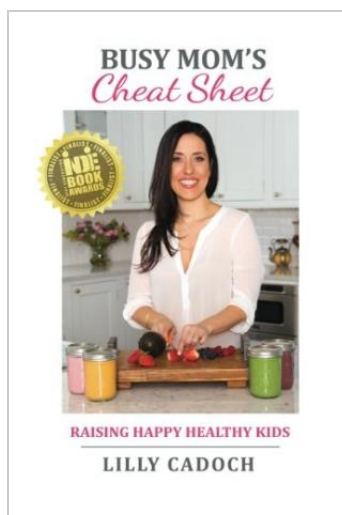




Busy Moms Cheat Sheet: Raising Happy Healthy Kids

By Lilly Cadoch

Picki Beli. Paperback. Condition: New. 162 pages. Dimensions: 8.5in. x 5.5in. x 0.4in. Finally a book that makes it easy to understand how to feed your kids body, mind and spirit for ultimate health and success! - Do you have the desire to feed your kids healthy food but dont know where to begin - Are you a modern parent struggling to find balance for your children in a busy lifestyle - Do you worry that your kids may not have all the necessary tools to reach their full potential Then this book is for you! In this book you will learn how to teach your children to: - Make healthier food choices including 18 tips for foods to avoid - Have a battle-free and enriching bedtime routine - Integrate regular exercise into your kids weekly schedule - Incorporate time management skills to allow more free time - Reprogram their minds for success to handle lifes inevitable challenges - Includes 45 bonus recipes that are easy, quick and delicious! Lilly Cadoch, certified health coach and mother of two boys, explains in a simple and understandable way, body, mind and spiritual lessons to teach your kids. She learned these lessons the hard...



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Reviews

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

-- **Prof. Ophelia Wiegand I**

These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Prof. Lenna Beatty III**