



Recipes for Life Boxed Set: A Great Friendship Connects Clean Living with Recipes to Thrive on (Hardback)

By Rita Thomas, Erin Holm

Clovercroft Publishing, United States, 2016. Hardback. Book Condition: New. 305 x 229 mm. Language: English . Brand New Book. A great friendship connects clean living with recipes to thrive on! This unique set of books: The Power of Healthy Living and Delicious Meets Nutritious addresses WHOLE health. This talented duo combines an in depth look at the importance of food as it relates to nutrition, and pairs it with a stunning cookbook and many wonderful healthy living tips. If you are confused by all the mixed messages on health and dieting, this is the best resource you will ever find to lead you on your true path to optimal health. The two hardcover books are mounted in a beautiful boxed set. The Power of Healthy Living is an extremely thorough look at food as it relates to health, and introduces readers to the current food landscape, opening their eyes to very real concerns such as GMOs, sugar, and pesticides. It also covers many other areas that are important to healthy living including exercise, sleep, stress, the environment, joyful living, your spiritual path and much more. The book is absolutely overflowing with useful information, and it's evident the amount of...



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Reviews

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