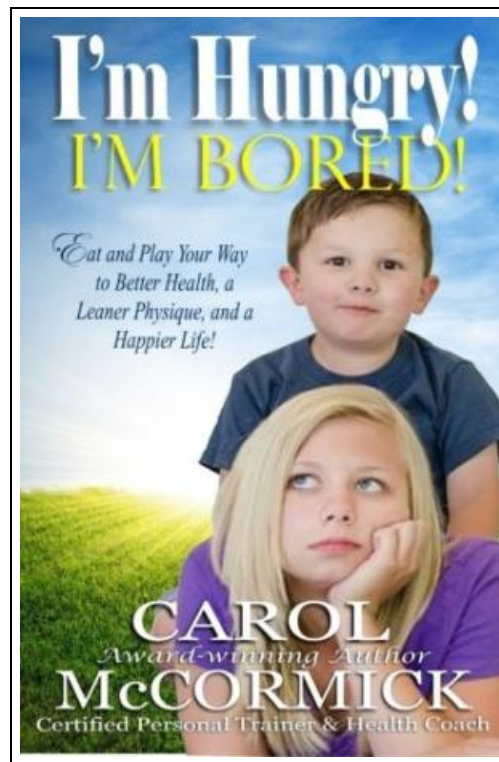


I m Hungry! I m Bored!: Eat and Play Your Way to Better Health, a Leaner Physique, and a Happier Life! (Paperback)



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Reviews

A very great ebook with perfect and lucid answers. It can be packed with wisdom and knowledge I found out this book from my dad and i encouraged this publication to learn.

(Elena McLaughlin)

I M HUNGRY! I M BORED!: EAT AND PLAY YOUR WAY TO BETTER HEALTH, A LEANER PHYSIQUE, AND A HAPPIER LIFE! (PAPERBACK)



Celestial Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Carol McCormick s health and nutrition book is chock-filled with eye-opening and rather dismaying data on the food choices many of us make. Her detailed lists showing the fats and sugars in food are worth looking into as is her data on healthy alternatives. The second part of this book contains things kids and adults can do to stop obsessing about food, and there are some pretty exhaustive lists of ways to volunteer, work part-time, set up your own small business and get smarter, (Five Stars) Readers Favorite Book Review by Jack Magnus I M HUNGRY! I M BORED! can help you and your children make better dietary choices and behavioral changes that lead to weight loss and health gains. The suggestions in this book will also sharpen the intellect, enrich the spirit, develop positive emotions, and strengthen social ties. I M HUNGRY! provides the what, why, and how-to of nutrition and weight loss by defining the problems, offering solutions, and then presenting guidelines to carry them through. I M BORED! offers hundreds of suggestions and links to fun and educational activities, questions to ask, jobs to perform, and services to volunteer, all-of-which develop the intellect, confidence, and feelings of fulfillment. These activities may also deter the hand-to-mouth eating habit that so often accompanies boredom. Carol McCormick is a certified personal trainer and a certified health coach through the American Council on Exercise, one of the top fitness organizations in the world. I M HUNGRY! I M BORED! was born out of her great concern for children and adults who struggle with weight-related personal and social issues. Overweight children are falling prey to a host of adult diseases, and many are...



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