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## Eat Happy: Transform Your Health with Foods You Love (Paperback)

By Mrs Alissa C Glenn

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Eat Happy: Transform Your Health With Foods You Love is a how-to guide to eating real food, and will teach you the only rule about food and dieting you need to know. Part inspiration and part cookbook, Eat Happy is a must-have for anyone looking to take control of their health by making whole foods a part of their daily life. In addition to eating better and feeling great, you will also learn how to: Find daily foods that prevent or eliminate heart burn, allergies, indigestion, migraines, heart disease and cancer Eat more, be truly satisfied, and stop worrying about food Ditch fad diets forever and become your own nutrition guru Prepare simple and delicious recipes that will pump your body with healing nutrients Figure out what works best for your unique body Testimonials: Eat Happy provides readers with knowledge and motivation to call their own shots with food. Health coach, Alissa Glenn teaches which foods nourish best and which should be left on the shelf through simple techniques, food guides and healthy recipes, so that you will Eat Happy for the rest...



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