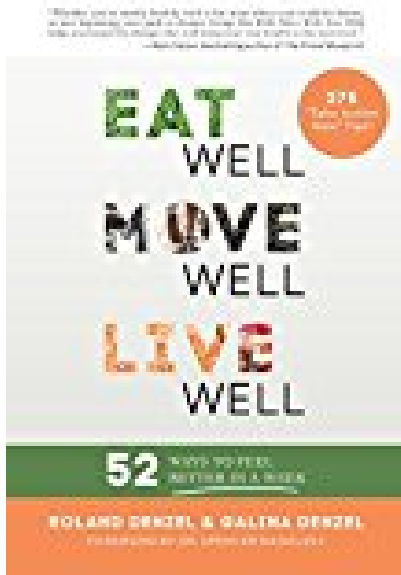


# Eat Well Move Well Live Well 52 Ways to Feel Better in a Week

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## BOOK DETAILS

- Author : Roland Denzel
- Pages : 434 Pages
- Publisher : Propriometrics Press
- Language : English
- ISBN : 1943370028

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## BOOK SYNOPSIS

Do you want more energy, to lose some weight, to reconnect with your kitchen, to discover the lost art of walking, to finally kick that nagging back pain, or to simply get a better nights sleep? Are you looking to build a vibrant life? This simple, straightforward, effective guide to healthier, happier living is the place to start. International wellness coaches Galina and Roland Denzel, authors of *The Real Food Reset* and founders of [EatWellMoveWell.com](http://EatWellMoveWell.com), have helped many achieve their health goals through simple solutions based on small changes. Now they've brought together their collective experience and expertise in a comprehensive new volume. You can read the book cover to cover, theme by theme, or go "choose your own adventure" style. Whatever you choose, by following Galina and Rolands suggestions on everything from movement, alignment, and walking; to fish, fats, and fermented foods; sleeping, vacationing and working; and bad days, de-stressing, and building a support network, you'll find the tools to make significant changes in a week. Each chapter includes tasks to enable you to embark on real, immediate change, and invitations to share your progress and ideas with a community of fellow readers. Far from a holier- (or healthier-) than-thou volume, this book features interviews with relatable experts, alongside the authors own personal anecdotes about their growth toward health. With insight into habit-changing and human behavior, the book challenges commonly held ideas of "normal," helping you wade through fads to find the way toward lasting change. With humor, humility, and a solid scientific foundation, *Eat Well, Move Well, Live Well* meets you where you are. Whether you're already living a healthy life or ready to turn over a whole new leaf, you'll find an exciting new path in these pages.

### **EAT WELL MOVE WELL LIVE WELL 52 WAYS TO FEEL BETTER IN A WEEK -**

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