



From Sugar to Sneakers to Simple: Lessons Learned on One Women s Journey Towards Health and a Balanced Life. (Paperback)

By Helen M Granskog

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Author Helen Granskog has lived through the battle so many of us face, wanting to do better, but struggling to make and maintain healthy changes under the demands of our fast-paced society. Formerly a self-proclaimed couch potato and sugar addict, Helen now enjoys running marathons and making healthy food and product choices for her family. This book is full of practical lessons from her transformation. In From Sugar to Sneakers to Simple, follow the author s journey toward health and a balanced life as she explores topics like: -How to become more active, starting at ground zero -How different foods and diets affect your body - Reducing your family s exposure to chemicals -The power of a smile and positive thinking The end of each chapter contains three sections that help engage the reader. The first section summarizes key takeaways related to that topic. The second gives a practical question to meditate on and inspire change. The third provides discussion questions to help empower the reader to apply what they ve learned into their daily life.



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A must buy book if you need to adding benefit. I have go through and that i am sure that i will gonna go through once more yet again down the road. I am just very happy to let you know that this is basically the best book i have got go through inside my own life and can be he very best book for at any time.

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Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.

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