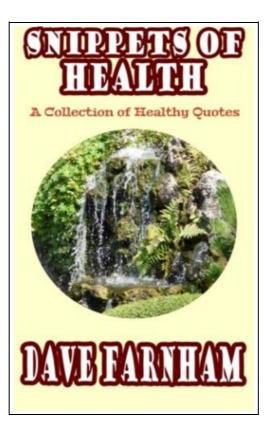
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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you worry about your health? Well, you re not alone. Health is a major obsession of modern life. Newspapers and television stations are constantly informing us of the dangers or benefits of a variety of products, diets and lifestyles, often conflicting: drink plenty of coffee/ keep off coffee, there s no safe alcohol level/ a daily glass of wine has positive health benefits, fats are bad for you/ fats are beneficial. Knowing what to believe and what to take with a pinch of salt becomes more and more difficult in the face of all this information - but of course, we re also warned about that pinch of salt, which could raise your blood pressure. To help you get a more rounded, considered view, this book contains quotes from a variety of people who have interesting / funny /wise opinions on the subject of health. There s something here for everyone and, unlike sugar, all quotes can be safely digested since they contain zero calories.

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