



## The Live Well Diet: The Easy Guide to Health and Weight Management

By Dr Sarita Davare and Sanjeev Kapoor

Popular Prakashan, Mumbai, India, 2013. Paperback. Book Condition: New. First Edition. If staying healthy, staying trim, getting your body to work at its optimum has never been optional, then this is the book for you. The Live Well Diet book will change your concept of weight loss and dieting. The Live Well diet is a lifestyle and a remedy for better living. It's not about weight loss, it is about: Eating smart Eating many more meals per day Eating right Being active Staying hydrated through the day and . Eating, eating, eating Master Chef Sanjeev Kapoor along with Dr Santa Davare have worked together to put down over 140 recipes that you can choose and combine, mix and match and eat right, through your day. Is this a recipe book? It is not. Is it a diet book? Certainly not. It is both of this and more. This is about living well, now. Forever. What if we tell you that reading this book will make you lose weight? It will. And it will change the way you look at food and your own lifestyle forever. About the Author Santa Davare a leading practitioner of health and wellness management in...



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