

365 Expert Tips for a
HEALTHIER, HAPPIER You

by
JESSICA CASSITY

better each day

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Rachel Sandford



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One Simple Change Winnie Abramson, 2021-10-12 A guide to fifty small ways to change your lifestyle to help you feel happier, healthier, and younger. Fact-filled and empowering, this is your essential guide to bettering yourself and your world. One small action at a time. Jumpstart the new you with any one of these examples and watch the benefits add up. Be mindful. What it means and how you too can live in the moment. Make your own juice for a tasty and creative nutrient boost. Nurture your adrenal glands for balanced stress-free living. Go green with leafy salads, all-natural cleansing agents, and nontoxic body products. Say no to diets and yes to variety. Think healthful fats, dark chocolate, and more. Indulge with fourteen eco-friendly recipes for healthful snacks and meals. **Men's Health**, 2008-01 *Men's Health* magazine contains daily tips and articles on

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