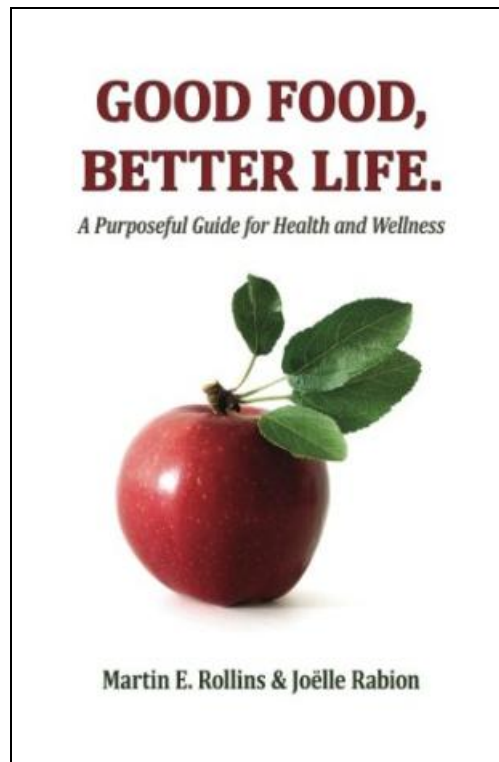


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GOOD FOOD, BETTER LIFE: A PURPOSEFUL GUIDE FOR HEALTH AND WELLNESS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Both a practical guide and reference manual, Good Food, Better Life forges a path to personal wellness through self-reliance and food from nature. Narrated by Martin E. Rollins, a Holistic Health Counselor raised in Detroit on the Standard American Diet (SAD), with co-author Joelle Rabion providing the healing alchemy of common foods. Amidst today s diet crazes and widespread confusion around food, Good Food, Better Life demystifies the food we eat, and provides prescriptions - practical solutions for ill health using whole foods - making the road to health and wellness understandable and achievable. Instead of pointing at the food industry to take responsibility for our unhealthy conditions, or the government or corporate commitment to shareholders, Good Food, Better Life calls upon each individual to take charge of his decisions and actions, providing a common-sense approach, a self-help for achieving wellness.



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