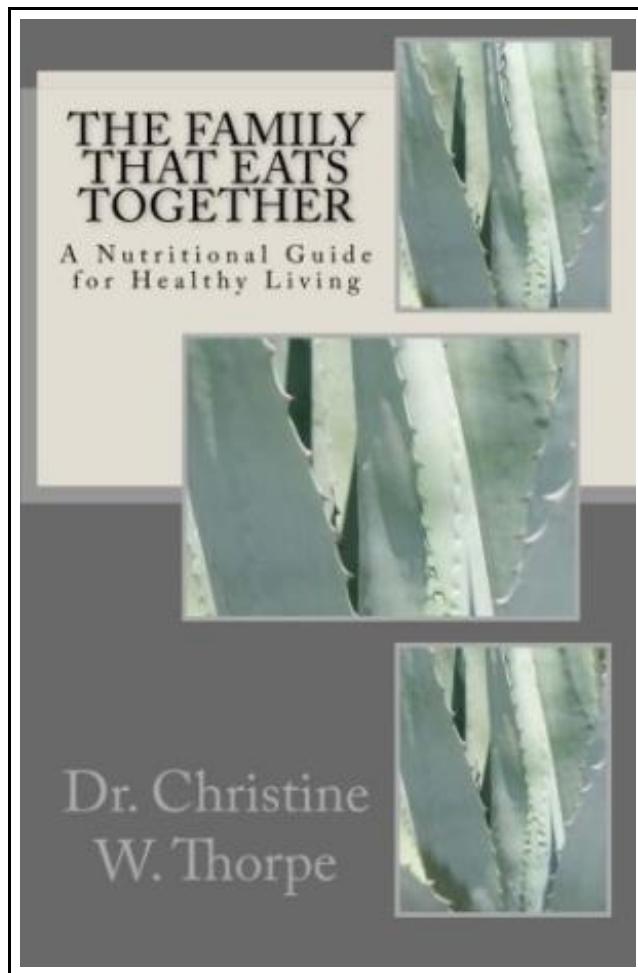


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Reviews

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THE FAMILY THAT EATS TOGETHER: A NUTRITIONAL GUIDE FOR HEALTHY LIVING (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Families are the center of homes all around the world and the heart of where nutrition starts for each person. Unfortunately, many families are living overweight, obese, and with one or more chronic health conditions. As a unit, families are not living optimally and struggle to teach healthy nutrition to the next generation. Dr. Christine Thorpe seeks for families to grow and prosper nutritionally by helping them to identify their nutritional needs; establish goals; identify stumbling blocks on the journey toward a healthy lifestyle; and create strategies to overcome them. In seven concise chapters and the Resources section, Dr. Thorpe guides, encourages, and understands families as they aspire to healthier living. Intentionally shunning the usual individualistic approaches to better nutrition and wellness, she challenges families to take an honest look at themselves and work together as one.

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