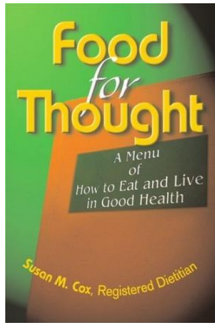


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FOOD FOR THOUGHT A MENU OF HOW TO EAT AND LIVE IN GOOD HEALTH



iUniverse, Inc. Paperback. Condition: New. 72 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Food for Thought is the perfect book for anyone who has issues with food and is serious about making a commitment towards healthy living. Registered dietitian Susan Cox shares her personal problems with food, and she understands the frustration of those who suffer through endless, unsuccessful diets. Food for Thought is not a diet plan; it is a non-diet book. Susans integration of personal stories with sound nutritional...

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