



The Family That Eats Together: A Nutritional Guide for Healthy Living (Paperback)

By Dr Christine W Thorpe

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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Reviews

Here is the very best book i have study until now. It is rally fascinating throgh looking at period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Blaze Runolfsson IV**

This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at any moment of the time (that's what catalogs are for concerning should you check with me).

-- **Mr. Martin Baumbach**