



What's Your Excuse for not Eating Healthily? (What's Your Excuse?)

Joanne Henson

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Overcome your excuses and eat well to look good and feel great

Do you wish you could eat more healthily and improve the way you look and feel, but find that all too often life gets in the way? Do you regularly embark on healthy eating plans or diets but find that you just can't stick with them? Then this is the book for you.

This isn't another diet book. Instead it's a look at the things which have tripped you up in the past and offers advice, ideas and inspiration to help you overcome those things this time around.

No willpower? Hate healthy food? Got no time to cook? Crave sugary snacks? Overcome all of these excuses and many more. Change your eating habits and relationship with food *for good*.

So what's *your* excuse?

"Very useful, very practical and makes a lot of sense! There are some great tips in here and even if you just implemented a bit of Joanne's advice it would make a real difference"

Chantal Cooke, journalist & broadcaster

Joanne Henson is a health, fitness and weight loss coach who helps her clients to get healthy and happy and *stay* healthy and happy. She overcame her own obstacles to get fit and healthy and she now inspires others to do the same.

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Adelina Foreman:

In this 21st century, people become competitive in each and every way. By being competitive currently, people have do something to make these individuals survives, being in the middle of the crowded place and notice through surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. Yeah, by reading a e-book your ability to survive boost then having chance to endure than other is high. For you personally who want to start reading any book, we give you this particular What's Your Excuse for not Eating Healthily? (What's Your Excuse?) book as beginning and daily reading publication. Why, because this book is more than just a book.

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