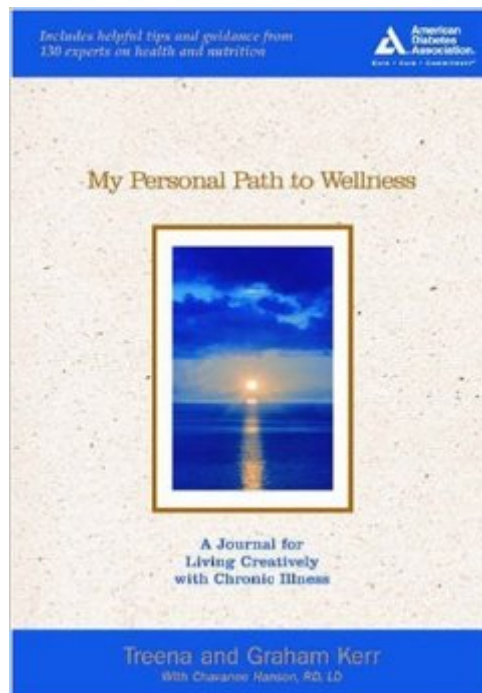


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# My Personal Path To Wellness: A Journal For Living Creatively With Chronic Illness



## Synopsis

The host of "Cooking Light" and the Former "Galloping Gourmet" shares his secrets for healthy living. Changing health habits is challenging when there are so many easy ways to veer off course. Celebrity chef Graham Kerr and his wife, Treena, have made it easier to make healthy choices and lifestyle changes by showing readers where to start and what to do. This journal combines the expert advice of 130 health professionals--from cardiologists to fitness experts--with the practical features of a logbook. Readers can record blood pressure, carb intake, exercise, blood sugar, stress, and more. Each expert presents three important health tips and insights for living healthy.

## Book Information

Paperback: 300 pages

Publisher: American Diabetes Association; 1 edition (April 1, 2004)

Language: English

ISBN-10: 1580402143

ISBN-13: 978-1580402149

Product Dimensions: 6.9 x 0.6 x 9.9 inches

Shipping Weight: 1.2 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,366,576 in Books (See Top 100 in Books) #112 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #197 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #21045 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

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