



Clean Eating Clean Living: Your Clean Eating Guide For A Leaner, Healthier, And More Vibrant You (Healthy Living) (Volume 1)

Sierra Goldman

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This book is written from the heart. I have struggled with weight and health issues myself, so I know what people go through when trying to lose weight. Obesity is not just linked to food; it's the sum of several important factors. It involves a bit of everything: heredity, lifestyle choices, stress levels, food, as well as your thoughts. In "Clean Eating, Clean Living" you will find a step by step approach that will help you to break your current eating habits and patterns and learn to "eat clean" to lose weight, improve your mood and, most importantly, prevent disease. You're reading a crash course on clean eating and the minimalist lifestyle. This book explores several aspects of a healthy natural diet that average people struggle with. I've included tips on clean diet preparation and food shopping, ways to meet your healthy eating goals on a day-to-day basis, morning-to-evening recipes, and methodologies for minimalist and mindful living. I've written it not from the perspective of someone who hasn't been in your shoes, but from that of an overweight person who grew up with an unhealthy relationship with food. Combined with tons of love, "Clean Eating, Clean Living" will help you reset your health, detox your body and empower you to make easy-to-prepare meals that your entire family will love.

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Brianna Bell:

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