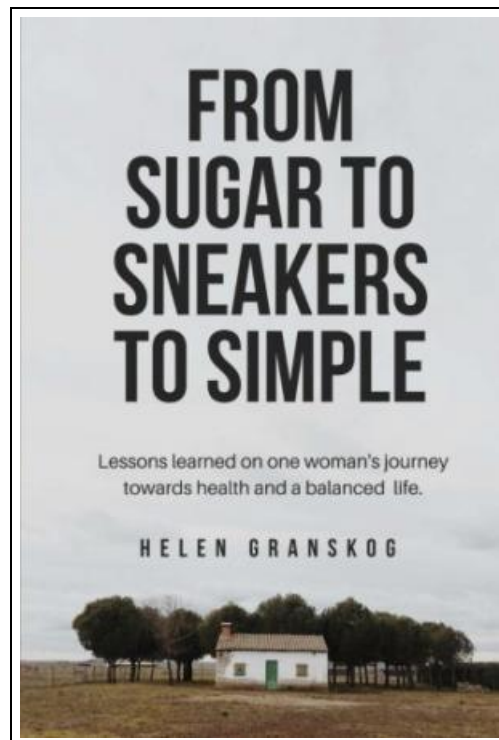


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Author Helen Granskog has lived through the battle so many of us face, wanting to do better, but struggling to make and maintain healthy changes under the demands of our fast-paced society. Formerly a self-proclaimed couch potato and sugar addict, Helen now enjoys running marathons and making healthy food and product choices for her family. This book is full of practical lessons from her transformation. In From Sugar to Sneakers to Simple, follow the author s journey toward health and a balanced life as she explores topics like: -How to become more active, starting at ground zero -How different foods and diets affect your body -Reducing your family s exposure to chemicals -The power of a smile and positive thinking The end of each chapter contains three sections that help engage the reader. The first section summarizes key takeaways related to that topic. The second gives a practical question to meditate on and inspire change. The third provides discussion questions to help empower the reader to apply what they ve learned into their daily life.



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