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Kate Cook's Wellness Guide

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Kate Cook's Wellness Guide Kate Cook
Too busy to eat well? Too stressed to relax? Too tired to exercise? Kate Cook is here to help.
Kate Cook's Wellness Guide is bursting with ideas to help you transform your body and mind, enabling you to live life to the full. Take on board the tips in this book and there will be no more wasting your holidays recovering from work-induced stress and fatigue. Instead you'll take on each day with energy and enthusiasm.
Inside this friendly and accessible guide you will find stacks of inspiration to help you on your way to total-life wellness. Dip in and find the ideas most relevant to you, including:
• The nutritional secrets to looking and feeling younger;
• What causes your sleep problems, and the simple things you can do to ensure a more restful night;
• How to eat well every day without spending all your time in the kitchen or breaking the bank;
• Ways to make time for health at work and survive the challenges of the modern workplace;
• Why you need to eat mindfully if you want to get the most out of your healthy diet.
The ideas in this book are intended to help you make positive health changes that will leave you with energy to spare at the end of the working day for your family, friends and fun. You'll be more fulfilled, happier and better prepared for every day – work or play.

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