



# **A Joosr Guide to... Eat. Nourish. Glow by Amelia Freer: 10 Easy Steps for Losing Weight, Looking Younger and Feeling Healthier**

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Does the idea of starting a diet fill you with dread? Eating healthier foods doesn't have to be a boring or tasteless experience. In fact, with the right ingredients, you'll find that sticking to healthy lifestyle changes is easy!

Eat. Nourish. Glow. by Amelia Freer helps readers who lack energy and health learn how to reclaim those missing elements in their life. Eating healthy food will not only make you feel great, it will improve skin tone, help you lose weight and feel better physically, mentally and emotionally. Eat. Nourish. Glow. gives the reader sound reasons for the recommendations given, as well as tools that make the transition to healthier living much easier.

You will learn:

- Why perfection isn't a requirement to success
- How to improve your relationship with food and stop the cycle of emotional eating
- What foods to remove from your kitchen and what foods to start incorporating

- How healthful eating can benefit your mental and emotional health.

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