



Love Food That Loves You Back: Life Fully Nourished Is Delicious (Paperback)

By Dorothy Holtermann

Artbinders, LLC, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Love Food that Loves You Back is a book based on Dorothy Holtermann s personal experience of: Successfully losing 70lbs. Lovingly reclaiming her health and happiness. Eliminating a ten-year dependence on prescription drugs to manage anxiety, depression and insomnia. Dorothy Holtermann s previously privileged life collapsed after both of her dual residences were subject to disasters: 9/11 at Battery Park City, Manhattan and Hurricane Katrina at Seaside, Florida. Consequently, for the next decade she suffered from anxiety, depression, obesity and insomnia and became addicted to the drugs to treat these debilitating conditions. Dorothy s wake-up call came when her doctor told her You are not going to live your life span! and offered her a single simple solution in the form of a calorie book. After discounting the calorie counting approach, Dorothy experienced a transformation in her health and well being by exploring delicious foods that fed her body, mind and spirit. Loving the food that loved her back fueled a new life of loving self-care, better relationships, a new career, and an astonishing revelation of life s true purpose. If Dorothy can do...



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