



# Healthy Habits: 52 Ways to Better Health

*Cris Beer*

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## **Healthy Habits: 52 Ways to Better Health** Cris Beer

*Healthy Habits: 52 Ways to Better Health* is an easy-to-read book offering an effective "habit-a-week" approach. Incorporate one new habit per week into your lifestyle across an entire year (52 weeks). By following the week-by-week advice within these pages you will start to regain the energy and vitality you thought you'd lost or never previously attained. Your appetite and body weight will come into alignment with what is healthy for your frame. In essence, you will regain your health back and with it your life. These no-fuss tips are for every busy person who thinks they have no time to look after their health. They are supported by evidence-based research, and easy to implement into everyday life.

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