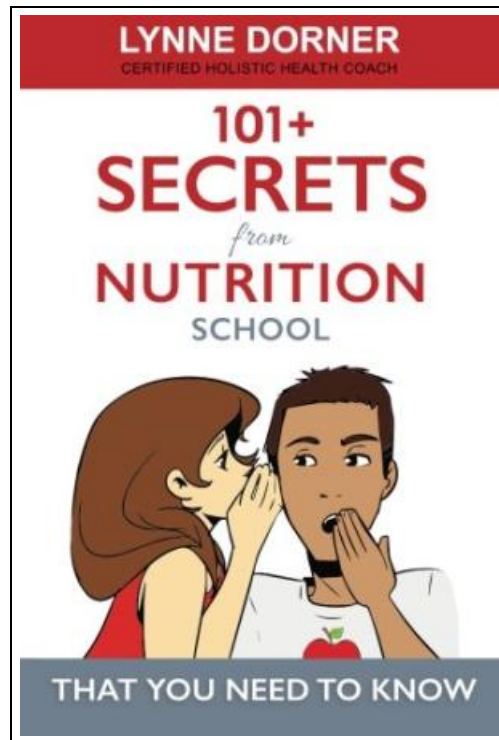


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Lynne Dorner - Aware of This?, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.101+ Secrets from Nutrition School is an enlightening experience in which the author and health coach Lynne Dorner shares the most essential lessons she learned along her educational journey at the Institute for Integrative Nutrition. Struck by the fact that only about one-fifth of medical schools teach nutrition or lifestyle changes as a way to prevent or cure disease, Lynne became inspired to share her secrets with others looking to make positive life changes. The lessons, which are accompanied by beautiful illustrations pop off the page and are full of significant and life-changing calls to action. The book is inspirational from the start, and Lynne s knowledge and passion for the subject matter compels the reader to incorporate her secrets into their own life. The master Secret is out! It is possible to be healthier and happier! With these powerful, life-changing, bite-sized little gems, Lynne Dorner gets right to the heart of what she knows will really work to help you transform your life. Marilena Minucci, Author and Creator of the Quantum Coaching Method TM In 101, Lynne takes a whole feast of actionable nutrition and health insights, and breaks them down into bite-sized morsels. The approach makes the book empowering, uniquely unintimidating and, quite frankly, just plain fun. -- David L. Katz, MD, MPH, FACPM, FACP Director, Yale University Prevention Research Center Yale University School of Medicine.

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