



Broccoli, Love and Dark Chocolate: Because Food, Love, and Life Should Be Delicious!

By Liz Pearson

Whitecap Books Ltd. Paperback / softback. Book Condition: new. BRAND NEW, Broccoli, Love and Dark Chocolate: Because Food, Love, and Life Should Be Delicious!, Liz Pearson, Liz Pearson, author of several upbeat and inspirational cookbooks, including the bestselling Ultimate Foods for Ultimate Health and The Ultimate Healthy Eating Plan is back, with a new book featuring her signature mix of delicious, extra-healthy recipes and detailed yet accessible nutrition information. Liz says, How is this book different? The goal of my last three books was to get you healthy. The goal of this book is to get you healthy and happy. How wonderful is that! Liz wants every one of her readers-and their families-to live the best life possible-a life full of laughter, love, good health and good food. As with her other books, Liz has included bite-size, reader-friendly, science-backed nutrition advice along with totally tasty and stress-free recipes made with superfood ingredients. Another fresh and exciting highlight of the book is the life lessons-one with every recipe-about love, friendship, gratitude, honesty, courage, and forgiveness, just to name a few. Liz's enthusiastic writing style rounds the whole book off, making it a must-have for anyone who wants to kick-start their health...



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

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This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

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