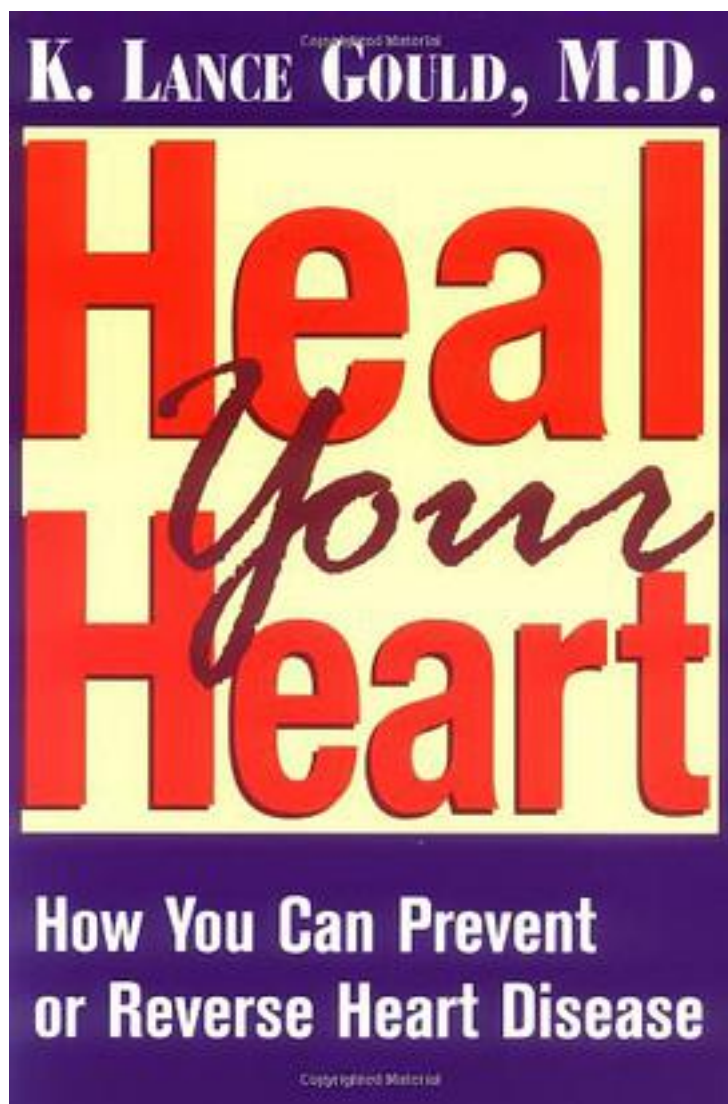


Heal Your Heart



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出版者:John Wiley & Sons Inc

出版时间:1997-1

装帧:Pap

isbn:9780471157021

"Heal Your Heart combines the best of ancient spiritual wisdom and the best of modern nutrition to provide a holistic program for real living." -- Morton T. Kelsey, Professor Emeritus, University of Notre Dame Author of The Other Side of Silence and God, Dreams, and Revelation "Kitty Rosati offers the range of information and wisdom needed for long-term lifestyle changes. It's so nice to see a dietary book extend beyond nutrition and inspire the reader." -- Gerald G. Jampolsky, M.D. Author of Love Is Letting Go of Fear " We recommend Heal Your Heart as an excellent guide for anyone seeking health and wholeness. Kitty Rosati advocates a renewed emotional and spiritual journey along with her nutrition plan and extensive collection of delicious recipes." -- Redford Williams, M.D., and Virginia Williams, Ph.D. Authors of Anger Kills The world-renowned Duke University Rice Diet Program has helped thousands of people regain their health and vastly improve the quality of their lives. Here's the life-saving information you need to make the new Rice Diet Program a force for your own longevity and wellness. A thorough analysis of your major risk factors for heart disease, including excess weight, high cholesterol, diabetes, and high blood pressure A detailed, heart-healthy nutrition plan tailored to your health needs Over 150 delicious, easy-to-prepare recipes A heart-healthy exercise plan to help heal and strengthen your heart Guidance on using the powerful, often untapped resources of your mind and spirit to achieve--and maintain--your goals Helpful resource information on support groups, newsletters, and where to get the best health foods

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