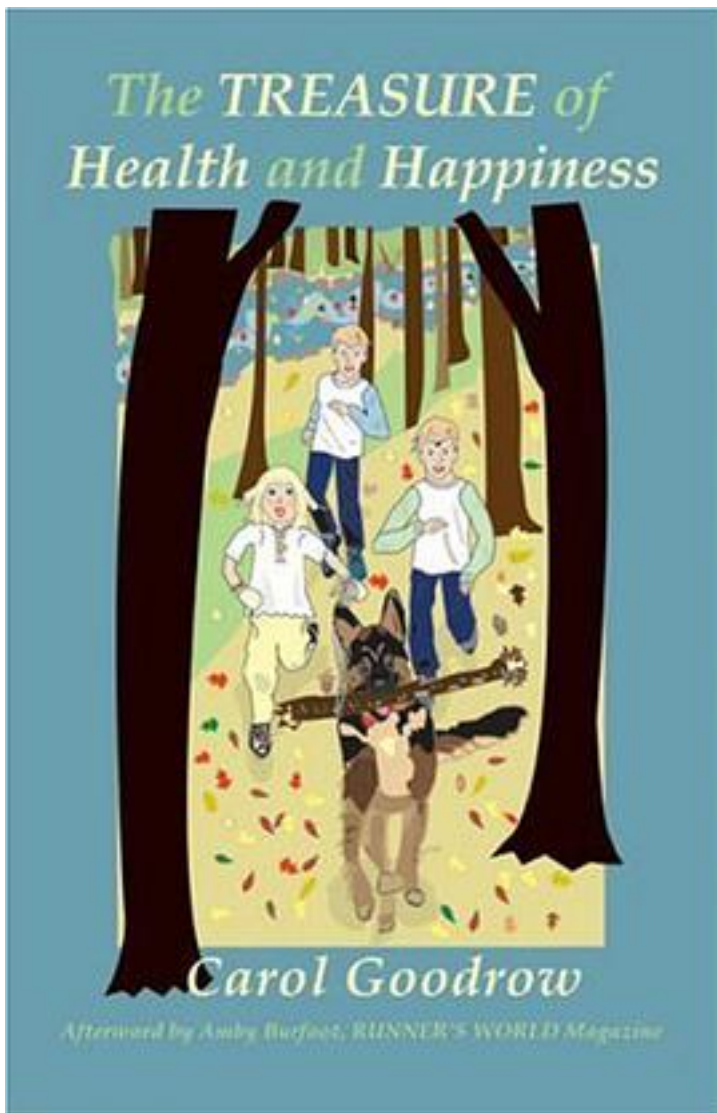


The Treasure of Health and Happiness



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Carol Goodrow's journal "Happy Feet, Healthy Food" started thousands of schoolchildren recording their diet and exercise. Now the award-winning teacher and creator of the Kidsrunning.com website has created a delightful, readable storybook promoting the same healthy philosophy. Eight-year-old Hannah is a bit of a couch potato when she finds a mysterious book, including a magic map of the Land of Health and Happiness. That night in a dream she discovers the joys of running, swimming, biking, and good foods. A book for our times, to be used at the forefront of the battle against childhood obesity.

作者介绍:

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