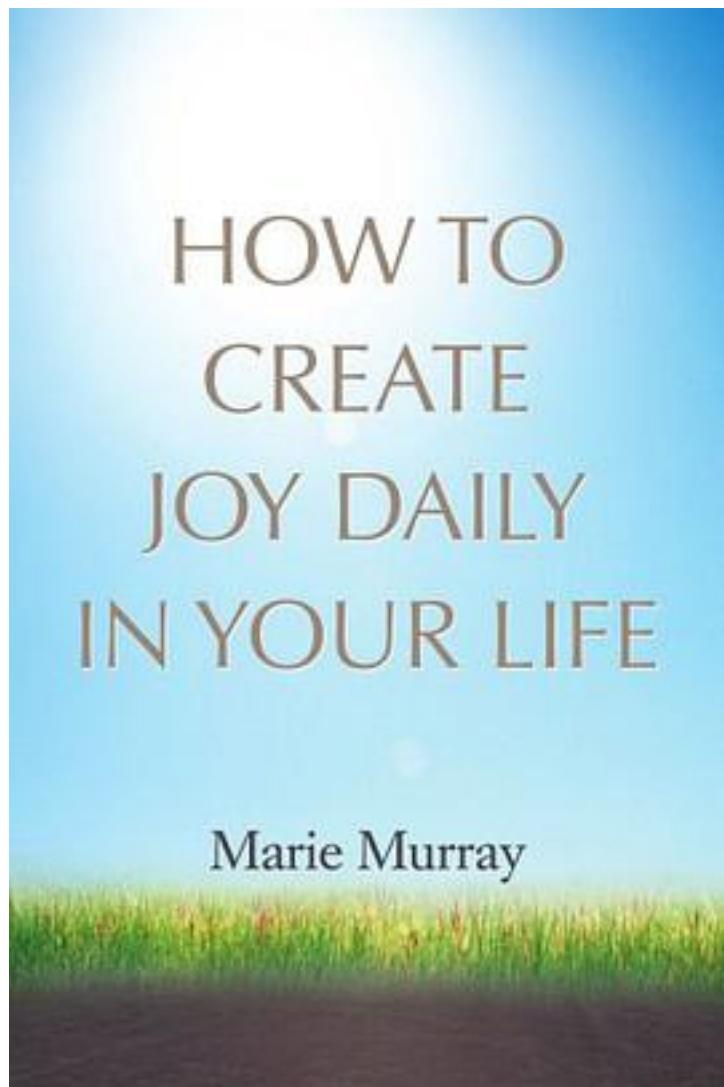


# How to Create Joy Daily in Your Life



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This book is based on a true story about how I changed my health. I grew up on a large farm where we lived off of the land. I ate fresh fruits and vegetables daily. When I moved to the city as young adult, I began purchasing foods from the grocery store that were frozen, processed, or canned. I was consuming too many preservatives and I was also eating fast foods. As a result, I began to feel different. I felt tired, sluggish, and energy depleted which was new to me because I had never felt that way on the farm. Consuming the right foods was the key to improving my health because we truly are what we eat. We need to eat a variety of fresh fruits and vegetables daily. Also, we need plenty of sunshine, fresh air, and activities such as working and playing. Every night we need to rest, relax, and sleep. If you or someone you know has ever suffered from diseases such as cancer, Alzheimer's, dementia, stroke, diabetes, heart disease, high cholesterol, depression, anxiety, or stress, you need to read this book. This book was written to bring joy into your life daily in every area. Enjoy

作者介绍:

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