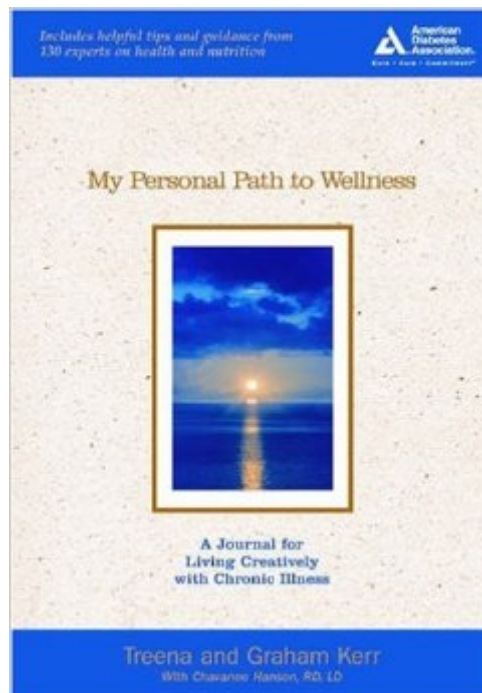


The book was found

# My Personal Path To Wellness: A Journal For Living Creatively With Chronic Illness



## Synopsis

The host of "Cooking Light" and the Former "Galloping Gourmet" shares his secrets for healthy living. Changing health habits is challenging when there are so many easy ways to veer off course. Celebrity chef Graham Kerr and his wife, Treena, have made it easier to make healthy choices and lifestyle changes by showing readers where to start and what to do. This journal combines the expert advice of 130 health professionals--from cardiologists to fitness experts--with the practical features of a logbook. Readers can record blood pressure, carb intake, exercise, blood sugar, stress, and more. Each expert presents three important health tips and insights for living healthy.

## Book Information

Paperback: 300 pages

Publisher: American Diabetes Association; 1 edition (April 1, 2004)

Language: English

ISBN-10: 1580402143

ISBN-13: 978-1580402149

Product Dimensions: 6.9 x 0.6 x 9.9 inches

Shipping Weight: 1.2 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,366,576 in Books (See Top 100 in Books) #112 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #197 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #21045 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

[Download to continue reading...](#)

My Personal Path to Wellness: A Journal for Living Creatively with Chronic Illness  
Lubkin's Chronic Illness (Lubkin, Chronic Illness)  
Lubkin's Chronic Illness: Impact and Intervention (Lubkin, Chronic Illness)  
Chronic Illness: Impact And Intervention (Lubkin, Chronic Illness)  
The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness  
Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal  
MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment)  
Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness  
Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group

(Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) The Chronic Pain Solution: Your Personal Path to Pain Relief Medical Terminology Mastery: Proven Memory Techniques to Help Pre Med School and Nursing Students Learn How to Creatively Remember Medical Terms to ... Prefix, Suffix, & Root Words (Volume 1) Medical Terminology Mastery: Proven Memory Techniques to Help Pre Med School & Nursing Course Students Learn How to Creatively Remember Medical Terms to ... Memory Now | Medical Students Book 1) Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness (New Edition) Living with Lupus: Women and Chronic Illness in Ecuador (Louann Atkins Temple Women & Culture) The Book Lover's Journal (Reading Journal, Book Journal, Organizer) Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Water Color Paint Journal, Lined Journal, 6 x 9, 100 Pages 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction Alice in Wonderland Chalkboard Journal - We're All Mad Here: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, ... Chalkboard Notebook Journals) (Volume 5) Chalkboard Journal - Be Still & Know (Yellow): 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, ... Journals - Yellow Collection) (Volume 3)

[Dmca](#)