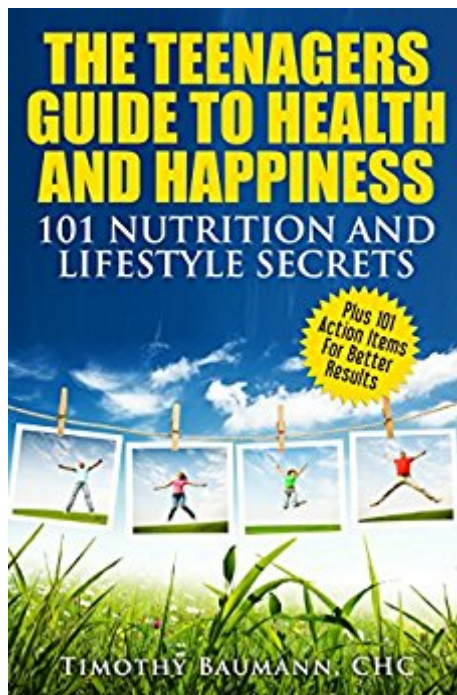




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The Teenagers Guide To Health And Happiness: 101 Nutrition And Lifestyle Secrets



Synopsis

Teenagers and Parents of teens who may be struggling with depression, anxiety, weight issues or any other health issues this book is for you. As a father of 3 daughters and a son, and a grandfather of 3 teenage granddaughter and 8 younger grandchildren I have seen and experienced a lot of happy and sad times. I look around and see a lot of teenagers and pre-teens suffering with weight issues, depression, anxiety, other health issues and they just don't seem very happy. So I adapted my health and wellness book for adults just for you teens. This book has 101 Tips with Action Items for you to help improve your health and happiness level. If your body and mind are healthy and feel great you will feel improved happiness in your life. I went to the best nutritional school in America (Institute For Integrative Nutrition) and became a Certified Health Coach to help find ways to help improve the health of my wife. She has suffered from diabetes since her teens. So for nearly 40 years she is suffering from many of the complication that comes from having diabetes long term. She suffers from bouts of depression, has low energy levels, digestion issues, sleep issues and the list goes on. What I found was that what works for a healthy body also works for obtaining and maintaining a healthy brain and mind. It comes down to lifestyle choices and the foods we eat. Within this book you are going to learn about two different kinds of foods - Primary Foods and Secondary Foods. Primary Foods - These Foods you Do Not Eat or Lifestyle Choices. "Food is more than what you find on your plate. Healthy Relationships, Regular Physical Activity, a fulfilling Career and a Spiritual Practice can fill your soul and satisfy your hunger for life. When Primary Food is balanced and satiated, your life feeds you, making what you eat secondary." Joshua Rosenthal - Founder of Institute of Integrative Nutrition. Secondary Foods - These are the foods that you Do Eat. Fruits, Veggies, Meat, Grains. You must have a well-balanced diet of each of these two important food groups for better health and happiness. Your body, mind and spirit MUST have all the proper nutrients to obtain and maintain good health in order to overcome depression, fatigue, low energy, aches and pains as well as disease. Each of the 101 Secrets comes with short message about the tip and why it is beneficial and then followed by an action item. The growth and improvement comes only by putting the ideas into action, not just by reading about them. So if you want more vitality, a healthy brain, a healthy body and more happiness in your life, then I encourage you to read THE TEENAGERS GUIDE TO HEALTH AND HAPPINESS. Here are a couple of the Secret Tips and Action Items found in the book: SECRET 34 - SPIRITUALITY - WHAT DOES SPIRITUALITY MEAN TO YOU? DEFINE IT. ACTION ITEM: Ponder about Spirituality in your life and define it for you, then do something to strengthen spirituality in your daily life. SECRET 73 - CHIA SEEDS - King of Energy, Omega-3 Fatty

Acids, Protein and Fiber ACTION ITEM: Purchase some Chia Seeds and start adding some to your water, sprinkle on yogurt or add some to your pancakes or other baked goods. As you can see these are simple action items but they have a profound effect on your life. “INSANITY is doing the same thing over and over but expecting a different result. • Stop the insanity and try something different than what you have been doing and put these Action Items into your daily life. I have a surprise bonus for you inside the book. It is a free 30 Day Challenge – The Happiness Journey 365 30 Day Challenge which is a small part of The Happiness Journey 365. Look for the details within the book. Implement these Secrets into your life and enjoy the Happiness Journey. Are YOU ready to START the Happiness Journey? Start Here with THE TEENAGERS GUIDE TO HEALTH AND HAPPINESS Health and Happiness is not a destination but the journey. Start the Journey

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