



Eat to Live Cookbook: 200 Delicious Nutrient-Rich Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health

Joel Fuhrman

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- Do you want to eat delicious food that allows you to lose weight and keep it off permanently without hunger or deprivation?
- Do you want to throw away your medications and recover from chronic illnesses such as heart disease, high blood pressure, and diabetes?
- Do you want to maintain your good health, live longer, and enjoy life to the fullest?

If you said yes to any of these, then the *Eat to Live Cookbook* is for you.

Through his #1 *New York Times* bestselling book *Eat to Live*, Joel Fuhrman, M.D., has helped millions of readers worldwide discover the most effective, healthy, and proven path to permanent weight loss.

Now the *Eat to Live Cookbook* makes this revolutionary approach easier than ever before. Filled with nutritious, delicious, and easy-to-prepare recipes for every occasion, the *Eat to Live Cookbook* shows you how to follow Dr. Fuhrman's life-changing program as you eat your way to incredible health.

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Clemencia Torres:

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Catherine Lyons:

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