



Live a Little!: Breaking the Rules Won't Break Your Health

Susan M. Love, Alice D. Domar Ph.D., Leigh Ann Hirschman

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Later to bed, munching some fries, makes a girl pretty healthy and wise. . . .

Yes, it's true—more or less. Why? Women do need to eat healthier, exercise, get adequate sleep, and take preventive health care seriously, yet it's equally important for them to relax. Relax, take a breather, and give up trying to follow the narrowly prescribed health “rules” that are constant sources of unhealthy stress and guilt.

In *Live a Little!*, women finally get a long-overdue dose of realism about what's truly healthy and what's mostly hype. Susan Love and Alice Domar take on the health police, whose edicts make us feel terrible when we don't get eight hours of sleep or eat the maximum daily serving of veggies. Most important, they remind us of a forgotten truth: Perfect health is not achievable.

Breaking down the prevailing health “musts” in six areas—sleep, stress, preventive care, exercise, nutrition, and personal relationships—these doctors, with a little help from the other experts of BeWell, cut to the heart of these topics and give us realistic guidelines for living a healthy enough life, one that also includes laughter, relaxation, and a commonsense attitude about being pretty healthy.

To learn more health truths and whittle down your overblown expectations of yourself, open this book. Using science combined with these experts' surprisingly refreshing opinions, *Live a Little!* shows you how to be healthy without driving yourself crazy!



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The actual book Live a Little!: Breaking the Rules Won't Break Your Health will bring someone to the new experience of reading some sort of book. The author style to clarify the idea is very unique. Should you try to find new book you just read, this book very suitable to you. The book Live a Little!: Breaking the Rules Won't Break Your Health is much recommended to you to see. You can also get the e-book from the official web site, so you can quicker to read the book.

Cindy Searcy:

A lot of people always spent their very own free time to vacation or go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you read you can spent all day every day to reading a e-book. The book Live a Little!: Breaking the Rules Won't Break Your Health it is quite good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. When you did not have enough space to deliver this book you can buy often the e-book. You can more effortlessly to read this book through your smart phone. The price is not too costly but this book offers high quality.

Marcy Madison:

In this period globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You will observe that now, a lot of publisher in which print many kinds of book. The particular book that recommended for your requirements is Live a Little!: Breaking the Rules Won't Break Your Health this publication consist a lot of the information with the condition of this world now. This specific book was represented how can the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. Often the writer made some investigation when he makes this book. Here is why this book suitable all of you.

Edward Brown:

Is it you actually who having spare time after that spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This Live a Little!: Breaking the Rules Won't Break Your Health can be the answer, oh how comes? A book you know. You are therefore out of date, spending your free time by reading in this fresh era is common not a geek activity. So what these textbooks have than the others?

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