

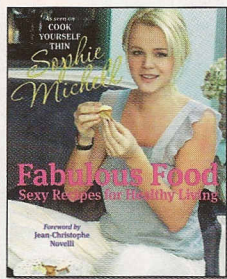
bookreviews.

Fabulous Food - sexy recipes for healthy living

By Sophie Michell

Published by Sphere rrp \$49.99

Fabulous food really inspires you to create wonderful looking and healthy dinners for every occasion. It is the perfect book for the hostess who wants to entertain with style. There are fabulous recipes for party food and professional looking canapés, easy celebration cakes and aphrodisiac meals for your special guest. Sophie excels in creating food that is light but still delicious. Enjoy recipes from chapters such as guilt-free comfort food, social butterfly, turn up the heat and more.



40 days a City Cave

By Michael J.

Published by

Associates rr

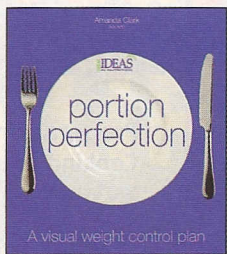
Mike Jarosky is super healthy now is. Apparently had poor eating habits, hangovers and was tired. He is engaging in some pills and liposuction. A caveman past. A caveman for 40 days. Developed the Portion Perfection Plate. Clark, a fitness expert. A plan for health. Straightforward.

Portion Perfection: A visual weight control plan

By Amanda Clark

Published by Great ideas in nutrition

rrp \$34.99



Amanda Clark is a dietitian with many years of experience. She has developed the Portion Perfection Plate as a dinner plate with ideal portion size and nutritional balance guides printed on it so that you can quickly and easily monitor the amount and type of food you serve. Seeing what the right serve size looks like for weight loss or weight maintenance really can help keep you on track. Amanda has found that the Portion Perfection Concept helps many people – from those who are just trying to lose weight to those who would really be overeaters or undereaters as well as those with serious eating disorders, and those just wishing to be more healthy and eat balanced meals.

Back from helping you overcome

By Graeme C.

Published by

Media Gordc

Are you caring for depression? If 2 million Australians have a loved one who is isolated and alone. This book looks at how they can help with the causes of depression.