



# **The No Diet Cookbook: Learn to Eat for Health and Pleasure**

*Christine M. Okezie*

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## **The No Diet Cookbook: Learn to Eat for Health and Pleasure** Christine M. Okezie

So many Americans struggle with weight, fatigue, and chronic illness and turn to medications, operations, and fad diets to make them feel better. In *The No Diet Cookbook*, author Christine M. Okezie helps people reclaim their health and vitality through positive changes in their food choices. Laying out seven key principles for balanced nutrition, Okezie will inspire you to transform your unhealthy relationship with food from one based on restriction and fear into one of abundance and pleasure.

In addition to her seven principles, Okezie debunks many popular and conventional weight loss strategies, using scientific research and data to explain why weight loss actually has much more to do with the quality of what we eat instead of the quantity of what we eat. With compassion and insight, Okezie uplifts readers and empowers them in their journey to health. The final section of delicious and satisfying recipes provides a roadmap for getting—and staying—on track in the kitchen and around the table.

Fans of Michael Pollan, Andrew Weil, and Mark Hyman will appreciate this well-researched and informative guide to transforming health by the simple act of changing the things we put on our plates.

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