

# Book club

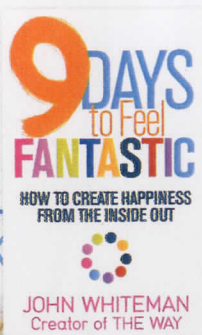
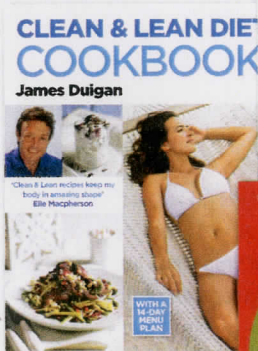
We recommend some of the latest health and wellbeing books on the shelf

## Clean and Lean series: The Cookbook

James Duigan (Kyle Cathie) €15.50

James Duigan, the man behind some of the world's most beautiful bodies, and one of the world's leading health and wellness experts is back, with the third part to his bestselling *Clean and Lean* series: *The Cookbook*. *The Clean & Lean Diet Cookbook* offers over 100 delicious ideas from all over the world, including favourites from his celebrity clients such as Elle Macpherson, Rosie Huntington-Whitely and Hugh Grant.

With the *Clean & Lean Diet Cookbook* you'll discover why cereal makes you fat, how Elle stays healthy, what Rosie has for dinner and the formula to a whole host of recipes you can make in minutes. And the best bit is that with the Clean and Lean diet there's no calorie counting or hundreds of sit-ups, just a flexible eating plan to rid your body of harmful toxins and a unique new approach to food and eating that allows you to feel good about yourself and your body.



## 9 Days to Feel Fantastic: How to Create Happiness from the Inside Out

By John Whiteman, (Hay House) Published 9th April 2012, also available as an eBook

In *9 Days to Feel Fantastic* John Whiteman sets out a practical step-by-step guide to a more energetic and fulfilled way of living. For nine days you will be introduced to a new element each day and by following a simple plan and doing the exercises provided, you will easily incorporate these elements into your life.

By using these nine simple but effective elements as tools to self-regulate your energy and emotions, you will start to experience how they help you to create happiness from the inside out. Progressively you will incorporate five elements for emotional balance and three elements to give you momentum. The ninth element encapsulates all the elements and helps you learn the art of being present. Together these nine elements make up the foundation of what John calls 'The Way', the individual elements are: exercise, personal space, sleep, nutrition, environment, achieve and complete, learn, social connection and being present.

## Run Fat Bitch Run

Ruth Field, (Sphere)

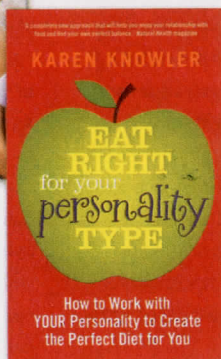
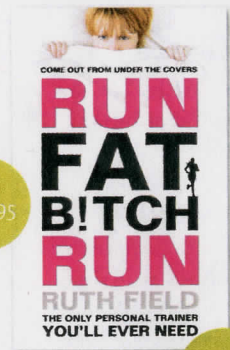
€14.95

Straight-talking, funny and brutal, honest, *Run Fat Bitch Run* will give you the push you need to get out of the door, pounding the pavements and shedding pounds in no time. Hate running? No worries. This book will give you all the tools you need to transform that passion into real motivation.

\* Locate your inner grit and long-lost energy.

\* Follow a fuss-free and completely foolproof beginners' programme.

\* Throw away the scales, stock up on pasta and enjoy carbs without guilt. If you want to lose weight, get fit and become an ass-kicking, gets-things-done superwoman, there's only one thing left to do ... RUN!



## Eat Right for Your Personality Type: How to Work with Your Personality to Create the Perfect Diet for You.

Karen Knowler (Hay House)

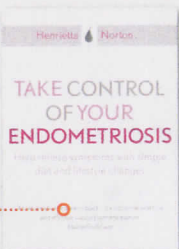
In her new book, *Eat Right for Your Personality Type*, Karen Knowler reveals that there is one dominant factor governing our relationship with food – our personality type. She explains that after a decade of coaching people about their eating habits, it became clear to her that there are different types of eater and that each of these types has individual ways of thinking, feeling and acting around food. The 10 types of eater are:

The Functional Eater; The Sensual Eater; The Intellectual Eater; The Emotional Eater; The Focused Eater; The Intuitive Eater; The Conscious Eater; The Experimental Eater; The Confused Eater and The Social Eater. In the book, Knowler sets out a step-by-step process that will enable you to discover your type (or combination of types); and learn how to work with your type(s) in order to create the ultimate diet for you.

## Take Control of Your Endometriosis

Henrietta Norton, (Kyle Books)

At last, a no-nonsense guide to coping with endometriosis, the condition that affects a staggering 10 percent of women and approximately 2 million women in the UK alone. Written from both a personal and a professional point of view by top nutritional therapist and endometriosis sufferer, Henrietta Norton, it offers a positive approach and practical advice to sufferers. Most importantly though, Henrietta shares her own personal story and the case studies of the women she has helped to treat and the positive results they've had, whether it has been pain relief, managing mood swings or fertility. Further chapters include information on additional therapies, supplements and support groups.



## Congratulations!

Here are the five lucky winners

from our Jan/Feb issue:

Mairead Donahy, Co Mayo

Ruth O'Brien, Co Sligo

Matt Griffin, Co Wicklow

Cheryl Smith, Co Cork

Tim Smith, Co Donegal

WIN!

A BOOK

Be in with a chance of winning one of these books. All you have to do is email us at [bookclub@easyhealth.ie](mailto:bookclub@easyhealth.ie) with your name and full contact details, plus the book of your choice. The winners will be picked at random and announced in the May/June issue.