



The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days

By Marilu Henner, Laura Morton

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**Are you ready to make a change?
Spend a month with Marilu!**

"Health is not just about weight or appearance, but rather about a much bigger picture. I really believe that you can't be a healthy person unless everything is working together. Your body, your mind, your living space. Live in my world for 30 days and I promise you will feel better."

-- Marilu

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Editorial Review

Amazon.com Review

Marilu Henner's bestselling *Total Health Makeover* introduced readers to her B.E.S.T. plan: a lifestyle focused on Balance, Energy, Stamina, and the use of only Toxin-free foods and products. While Henner and her many converts swear by the low-sugar, meat- and dairy-free meals in the makeover, it requires a major amount of effort and advance planning. (For example, if you went searching in your pantry right now, could you find quinoa, bulgur, or Soy Moo?) Many readers urged Henner to simplify things for them. The result is *The 30-Day Total Health Makeover*, with each day's menu and recipes preplanned for you. She even provides the shopping lists and mentions her favorite brands for cereals, soups, salad dressings, sauces, grains, and frozen foods.

Henner's aim, as with the *Total Health Makeover*, is to not only assist you with weight loss (if necessary), but to help you change your relationship with food. "Many of us only think of healthy eating as a polite way of saying we're going to be deprived," she says. "What if you didn't need that sugar and dairy anymore, and actually began to see it as a detriment? What if you had those foods once in a while but learned how to help your body recover from them quickly?"

In addition to the diet (which Henner says has helped her shed--and keep off--more than 40 pounds, and cleared up her once-splotchy complexion), she includes fun, motivational tidbits, including a "spa on a budget" and food and exercise tips. Typos are annoyingly scattered throughout the book, but it's worth overlooking them to absorb Henner's abundant enthusiasm for good health. --Erica Jorgensen

About the Author

Marilu Henner is well known for her roles in *Taxi* and *Evening Shade* and her participation in *The Celebrity Apprentice*. She is the author of two other *New York Times* bestselling books, *Marilu Henner's Total Health Makeover* and *Healthy Life Kitchen*. She lives in Los Angeles.

Laura Morton is the coauthor of more than forty books, including twenty *New York Times* bestsellers, and has worked with Joan Lunden, Al Roker, Melissa Etheridge, Susan Lucci, John Maxwell, Danica Patrick, Sandra Lee, Marilu Henner, Justin Bieber, and Duane "Dog" Chapman, among many others. She lives in New York.

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The book The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days has a lot associated with on it. So when you read this book you

can get a lot of gain. The book was authored by the very famous author. Tom makes some research previous to write this book. This book very easy to read you may get the point easily after scanning this book.

Louise Fulghum:

In this age globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The actual book that recommended for your requirements is The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days this guide consist a lot of the information from the condition of this world now. That book was represented so why is the world has grown up. The language styles that writer make usage of to explain it is easy to understand. Often the writer made some study when he makes this book. That's why this book ideal all of you.

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