

CONTENTS

INTRODUCTION 9

CHAPTER 1. EASY WAYS TO EAT WELL 17

CHAPTER 2. EASY WAYS TO
DO MORE EXERCISE 53

CHAPTER 3. EASY WAYS TO REDUCE STRESS 63

CHAPTER 4. OTHER EASY CHOICES THAT COULD
HELP YOU TO STAY WELL 79

CHAPTER 5. EASY WAYS TO FEEL MORE POSITIVE 91

CHAPTER 6. ADDICTIONS: WHAT IF YOU JUST
CAN'T STOP? 121

CHAPTER 7. PUTTING THE THEORIES
TO THE TEST 149

EASY RECIPES TO GET YOU STARTED 153