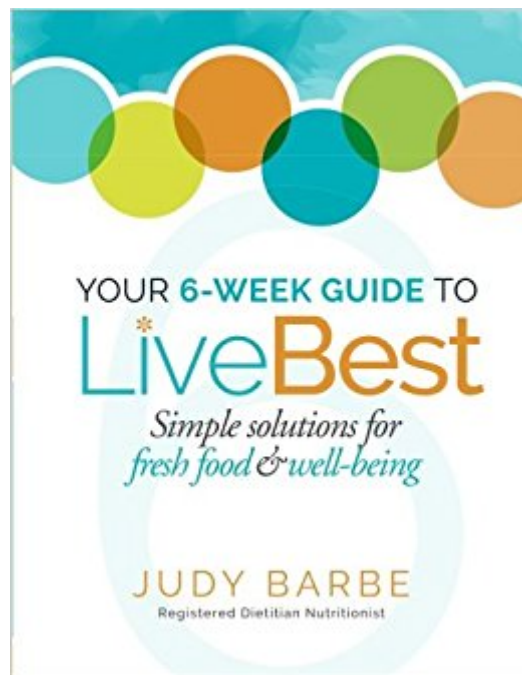




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# Your 6-Week Guide To LiveBest: Simple Solutions For Fresh Food & Well-Being



## Synopsis

In Your 6-Week Guide to LiveBest, Simple Solutions for Fresh Food and Well-Being, you get the DIY on how to serve up taste and health — on the same fork. Actionable, easy, delicious. Filled with assessments, food tips, inspiration, and humor, Your 6-Week Guide to LiveBest, highlights each food group and guides you to simple and practical solutions. You'll find more than 100 simple, realistic solutions for fresh food and a reboot of habits for a happier, healthier, and stronger you. With proven practices grounded in science, this guide is not a diet plan, but a healthful approach to eating high-quality foods, setting up your environment to mindlessly eat better, moving, and sleeping to nudge you in the right direction to feed you heart, muscles, bones, skin, eyes, energy, and well-being. Your 6-Week Guide is useful because: It's Actionable: With a few simple assessments and some goal setting you'll find out where you are before heading out with your own roadmap to make your fork, feet, and environment work for you. It's Easy: A whole foods-based approach to eating lies at the foundation of this book. Every suggestion is both nutrient-rich and readily available from major grocery stores. Other than fresh, wholesome food, no special ingredients required. And most importantly — it's delicious! More than 100 simple solutions for breakfast, lunch, and dinner. Berries and yogurt on toasted cornbread, roasted cauliflower with grated Parmesan, grapefruit and avocado salad, and peach and mozzarella salad. They all sound, well, good enough to eat! And best of all, are power-packed foods to help you LiveBest.

## Book Information

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## Customer Reviews

"Wow...Your 6-Week Guide to LiveBest" is fantastic! To live best, it's something all hopeful people aspire to. It's also elusive year after year for most. Judy gives us both the solution and the inspiration. Besides being fun, lively, and insightful, this book delivers way past improving what we eat, it delivers balance. The Soul Food suggestions on relationships and attitude will enrich your life more than you could imagine." — Brian Wansink, PhD, *Slim by Design: Mindless Eating Solutions for Everyday Life*. "In her book, Judy Barbe takes you on a delightful journey of the senses while giving you the extraordinary gift of inspiration and excitement about food, health, and wellness." — Simply put, each page contains engaging, meaningful, and enjoyable ways to improve your health through good food. I've reviewed many books and few have excited me as much as this one!" — Melissa Joy Dobbins, MS, RD (registered dietitian), *Sounds Bites* "Your 6-Week Guide to LiveBest, Simple Solutions for Fresh Food & Well-Being" is fantastic and full of sensible advice that should benefit both clinicians and patients." — James Rupp, MD

As a dietitian and food writer, people always want to know what I eat. So I told them. Your 6-Week Guide to LiveBest, Simple Solutions for Fresh Food and Well-Being provides healthy ideas for breakfast, lunch, and dinner. But it's not limited to food you eat, I also remind you to feed your soul by laughing, moving, connecting with others, you know, those things that after you do them, make you feel better. If you're looking for a reboot to live healthier, start here. I'm pleased to share!

So far I am really loving this book. Judy's writing is clear and straightforward. She does not "dumb down" her writing, nor does she use industry terminology that only a fellow registered dietitian would understand. I really like how she encourages you to use baby steps to follow the 6-week program. The introduction gets you motivated and then for each week she has you incorporate an element into your daily lifestyle - vegetables the first week, fruits the second, etc. I don't feel overwhelmed by having to dive in head first and spend a ton of money on new foods. I can ease into it and get comfortable. Judy does not consider this a diet (nasty four letter word!) and it is not. It is a lifestyle. (Full disclosure - I know Judy personally. I read her articles in the local paper and have always been impressed with her writing and her recipe suggestions. I was motivated to buy her book because I needed a change and I trust her and have heard her talk about LiveBest. I did not give her 5 stars because I know her - but because the book is awesome!)

My group and I are enjoying working through this guidebook. We feel the suggestions are realistic and not based on any fad. The simple recipes provided look/sound delicious and have been

motivating to the group. As the group facilitator, I have found that it is a little overwhelming to have the guidebook, the leader powerpoint presentations AND the leader cheatsheet to work with. One source, other than the guidebook would be better. I have also noticed that there are many typographic errors in the book and other materials. Makes me wonder if this was edited at all. But overall, we are enjoying the challenges set before us and I would suggest it for anyone else who is interested in eating healthier. PS. I have since been informed that incorrect slides were posted to the website and those slides have been replaced with the correct (minus typos) slides. So you can't use that as a reason not to order this guide. :)

I have had the pleasure of hearing Judy Barbe speak, twice, and I have gifted her book to a friend. Her message is clear and simple: eating healthy can be tasty, easy and effortless. I highly recommend this book to anyone who is thinking about starting to change their eating habits and start to tamper with cooking, but doesn't know where to start. This book is great for anyone who is choosing to become more mindful in the way they eat and cook as well. As a practicing dietitian, I recommend this book to professionals AND clients.

This is a well thought out and well written guide to living your best. Follow along with her tips and recipes. It will be a fun six week plan. A great book from a professional in the field.

This hands-on book is simply delightful. Each page contains engaging, meaningful and enjoyable ways to improve your health through good food. I've reviewed many books for my Sound Bites blog and podcast, but few have impressed and inspired me as much as this one! Judy takes you on a wonderful culinary adventure grounded in real-life tips with beautiful photos and interactive worksheets. The recipes and food ideas are simple yet surprising (unexpected combinations and flavors). Judy is not only an experienced and credible registered dietitian, she's an excellent writer and photographer, too. I would recommend this book for anyone who is looking for practical ideas and solutions to enjoy their food with health in mind.

When you need a realistic and simple way of changing your eating habits, LiveBest is truly the best place to start. The book is filled with helpful information that isn't gimmicky or trendy--it's just good old fashion down-to-earth tips for improving your life. We get so caught up in convenience foods, take out and pre-made grocery items that we lose sense of just what we're actually eating. There is something not only smart but exciting about learning where your food comes from. It's never too late

to be reminded "you are what you eat". After reading Your 6-Week Guide to LiveBest, I got a lot more serious about being a foodie.

I love Judy Barbe's approach to eating and food. Her writing is fresh and energetic and I've made (and loved) a number of her recipes. I also recently recommended her book to one of my sisters. She's a nutritionist that not only makes sense, but doesn't get all caught up in the latest fads or forcing a single school of thought on you. Her common-sense approach is as light as her delicious peach, mozzarella, basil salad. I recommend her book and that salad!

LiveBest provides a practical, common-sense guide to healthy living, at any age. I purchased extra copies for friends and my children. As a gerontologist and aging Boomer myself, I enjoy turning the guide's suggestions into practice. The book is a tremendous tool, full of sage reasoning, seasonings, and sumptuous photos. Don't skip the "Soul Food" tips, as social interaction completes the diet/exercise longevity triad. Enjoy! Deb Fleming, PhD

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