

***Healthy Eating World Unleashing The Power Of Plant Based  
Nutrition J Morris Hicks***

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Good thing that J. Morris Hicks' new book, Healthy Eating, Healthy World: Unleashing the Power of Plant-Based Nutrition (BenBella Books, 2011), came along. This book ably summarizes the information from the foremost experts in the field of plant-based living, and, in doing so, makes the case that what we eat is the most important choice we can make for the future of our health, for the animals, and for our planet.

### **Book Review (AND GIVEAWAY): "Healthy Eating, Healthy World ...**

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