



## Snippets of Health: A Collection of Healthy Quotes (Paperback)

By Dave Farnham

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Do you worry about your health? Well, you're not alone. Health is a major obsession of modern life. Newspapers and television stations are constantly informing us of the dangers or benefits of a variety of products, diets and lifestyles, often conflicting: drink plenty of coffee/ keep off coffee, there's no safe alcohol level/ a daily glass of wine has positive health benefits, fats are bad for you/ fats are beneficial. Knowing what to believe and what to take with a pinch of salt becomes more and more difficult in the face of all this "information" - but of course, we're also warned about that pinch of salt, which could raise your blood pressure. To help you get a more rounded, considered view, this book contains quotes from a variety of people who have interesting / funny /wise opinions on the subject of health. There's something here for everyone and, unlike sugar, all quotes can be safely digested since they contain zero calories.



## Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reiche

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

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