



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.



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Reviews

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