



# **The Karma Sense Eating Plan (black and white): A Sincere, Lighthearted Guide to Greater Health and Happiness**

*David Hellman*

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Between your doctor, the headlines, the government, and celebrity fitness experts, there's no shortage of advice on the subject of your health. And don't forget that drug companies and food conglomerates also have a stake. The most frustrating part is they rarely agree and their opinions keep changing. The Karma Sense Eating Plan cuts through all the noise. It's a guide to wellness that works for you regardless of your goals, tastes, lifestyle, or schedule. It respects you as an individual and gives practical advice that's easy to swallow. With its playful presentation of behavior and nutrition science, The Karma Sense Eating Plan combines techniques to make you healthier, happier, and to make the world a better place. But it doesn't stop there. This book provides you all the tools and resources you need to improve your life on your own terms.

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