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LOVE FOOD THAT LOVES YOU BACK

LIFE FULLY NOURISHED IS DELICIOUS



DOROTHY HOLTERMANN

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Dorothy Holtermann

Love Food that Loves You Back: Life Fully Nourished is Delicious



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Love Food that Enjoys You Back is a book predicated on Dorothy Holtermann's personal connection with: Successfully losing 70lbs. Lovingly reclaiming her health and happiness. Dorothy's wake-up contact arrived when her doctor told her "You are not going to live your life period!nurturenaturenutrition." – Dr. Eliminating a ten-year reliance on prescription drugs to control anxiety, melancholy and insomnia. Loving the meals that liked her back fueled a new existence of loving self-treatment, better relationships, a fresh profession, and an astonishing revelation of life's accurate purpose. After discounting the calorie counting strategy, Dorothy experienced a transformation in her well-being and health by discovering delicious foods that fed her body, mind and spirit." and offered her an individual simple solution by means of a calorie reserve. If Dorothy can perform it, probably can do it as well. Cliff Inkles, DC NYC "With her beautiful courageous heart, Dorothy is a drive in the development of development and healing. As a result, for the next 10 years she suffered from stress, depression, obesity and insomnia and became dependent on the drugs to treat these debilitating conditions. "Dorothy's extensive dietary knowledge will contribute considerably to improving the longevity of our species." – Dr. Adam Turner, MD "Dorothy possesses a deep understanding of several healing modalities to bring about the restoration of body, mind, heart, and soul." – Tom Monte, Bestselling Author Find Dorothy at www.DorothyHoltermann.com previously privileged lifestyle collapsed after both of her dual residences had been at the mercy of disasters: 9/11 at Battery Park City, Manhattan and Hurricane Katrina at Seaside, Florida.com



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Overpriced & Overrated I thought this book would be considered a helpful biography with tips, recipes, etc.? What a fantastic book as Dorothy Holtermann takes you on her journey of her life when her doctor informed her she would not really live out her lifespan. Instead, I acquired a couple of anecdotal stories that were somewhat amusing at times AT BEST. Visitors will most definitely find mindful support and holistic advice to activate in self-healing, reframing the mind, reinventing your body and resurrecting the soul. Personally i think like this could have been condensed into one article in a Women's Day time magazine. I definitely do NOT feel like it had been value the \$15 I paid for it. If this magazine had more healthy tips, recipes, substitutes for unhealthy foods, habit substitution methods, etc, it would have already been great! Holtermann's authenticity and wit. I wanted nutrition knowledge, lifestyle ideas, and secrets to improve lifestyle behaviors as the author's bio says she is well known for. Love and Food;. That is a book that basically grabs your attention from the beginning. It suits people of all age range. I bet you choose differently and that really may be the message of Dorothy's publication, eat the foods that love you back again that don't cause you harm. I would highly recommend this reserve, as we are all to disconnected from our lives aside from what we are eating everyday without even great deal of thought. She looks back again on her behalf days as a child, on her current lifestyle and she shows you step by step how she has come out the other aspect of health, healing her brain and her body and acquiring happiness. I sat mesmerized reading Dorothy's story. It is a book about meals, and how she began her journey, how she changed her eating habits around, lost a substantial amount of excess weight and went on to become a much sought after nutritional coach and professional in her field. It really is about that but about a lot more . She actually is brutally honest about her adventures , and the publication sings with sincerity, humor and wish, with a fresh and inspiring voice that's difficult to resist. I highly recommend this reserve and am filled with admiration for what the writer accomplished in both her life and in this book. Don't miss it. Dorothy goes through her trip to health and wellness while providing advice along the way. We can all relate to Dorothy's story, most of us have our very own versions and far too often as she said "the meals I was eating dinner out of habit had not been serving me, nourishing me, supporting me or even feeding me" how many times have you even stopped to consider that declaration?. It's such a relatable story and I believe that's what produced me appreciate this publication. How many of us know we're living an unhealthy lifestyle nevertheless we reside in denial? Her trip of changing professions and changing her meals choices can certainly help other people who struggle to get healthy. I definitely recommend it! It makes a great read since it is the authors tale accompanied by great easy to make recipes. Instead it was just a collection of stories that were heartfelt, but very long winded and repetitious." I definitely recommend this publication and it's really one I will pass on to family and friends. Gorgeous book!. I by no means thought healthy could be so simple!. It really is a well-written, mild and beautiful walk through a remarkable story that basically made me reflect on the ups and downs, the extreme highs and the excruciating lows of my own life. this book is gorgeous.. All of the moments that shaped this person I am and your body that retains her soul. Can't suggest it enough! It is inspirational and beneficial and the reader with insight and opportunity to delve additional into understanding the parallels between what we consume and how exactly we feel. The writer weaves a steady thread of relevant and competent information about food and the role it plays inside our healing, our health and wellness and our mental well-being. The publication is a captivating tale of healing peppered with dishes that appear delicious. Nonetheless it doesn't end with the author's personal trip. Chapters nine and ten had been my favorites; It was such an intimate trip with the author, Dorothy Holtermann, that I felt like she was personally counseling me. And you possess plenty to anticipate in the ultimate chapters as the writer lays out her very own very inspiring life habits and a lot of practical information. I never thought healthy can be so simple Love this book! 'From Slings and Arrows to Self-Love' and 'Loving Me, Loving You'. A must go through for all of us 40 somethings who want to create a major shift in diet plan and

overall approach to eating and living I totally loved this book! WHY IS the World Go Round Love Meals That Enjoys You Back ,simply by Dorothy Holtermann ,is a remarkable ,informative book about the author's personal lifestyle challenges, and what she did to meet up those challenges and turn them around. It's her healing journey from ten years of illness to a life of great health insurance and happiness. I have purchased several copies as gifts for my yogi friends and family members." Her tale involves discomfort and heartache over losses she and her family members suffered during 9/11 and Hurricane Katrina. She honestly shares from her center about the dark days following the disasters. First got it at one of the Dorothie's healthful cooking food workshops after sampling her amazing food. Dorothy found her way through a maze of Doctor's appointments and calorie counting to her discovery of entire foods eating. She transformed her body and her lifestyle one delicious meal at the same time. "Love Food that Loves You Back again" influenced me to begin with anew eating delicious entire organic foods! And I love my new foods today and I think the love is slowly becoming mutual. Love Food that Adores You Back is a refreshing A candid and straightforward accounts of the partnership between food and wellness, sprinkled with vignettes, both personal and poignant, that truly catch Ms. Which foods are your ROCKSTAR food friends? And it is a publication about food for certain. Love Meals that Loves You Back again is a refreshing, educational and inspirational book that is clearly a must-read for anybody who has an interest in exploring how what we consume impacts how we feel. Great publication that tells an honest and heart felt tale . Love Food That Enjoys You Back isn't another fierce stand upon a particular diet of the moment or a dogma filled diatribe of righteous taking in mandates.. "Love Meals That Loves You Back again" is certainly a bouquet of several colours and tastes! She shows that by making tough way of life and food choices that health can be regained. We don't know the entire extent of how harmful our lifestyles are until a medical professional points it out. Her ability to heal herself is very encouraging and inspirational. I really like this book I love this book!! I was lucky to meet Dorothy initial which made need it this book even more!! Written in a very simple way, this story motivated me to come to the same yoga studio and start my yoga journey, come to Dorothy cooking classes and learn to cook many simple, fun and healthy foods and eat much more heathy!. Personally i think deeply nourished and have much better health! Written in Dorothy's loving voice, you really get yourself a sense that the writer is speaking right to you.!. A Bouquet of Inspirational Stories on Self-Transformation and Healing "Love Food That Loves You Back again" is one unique book that helps visitors to address the present health and life situation, induce their inner recovery assets and identify the proper direction towards a wholesome and productive existence that they deserve. Dorothy shared her compelling transformational lifestyle encounter that made her committed to health, taste and nourishment and embrace existence and joy once again. This book is an extremely delightful read. It has an engaging storytelling style, which makes it easy to check out and understand it instantly right from the start and completely to the end. Great book that tells an honest and heart felt story of love of foods and traditions that are occasionally not so healthy. The next time you sit straight down to eat something ask could it be supporting you, serving you or actually feeding you? I recommend this book for those who want to improve their consciousness in what they perform and what food and how they consume it, reassess their life-time habits, preferences and addictions, understand themselves better and heal their life traumas. I couldn't actually make it through halfway since it was so disappointing. Go through it! It really is delicious! I recommend this publication. She shares lovingly and openly about her parents and grandparents and the link between genetics and health. Love Meals That Loves You Back is such a simple guide that you'll be asking yourself "how come I'm not really doing this currently? Oh no. This reserve seems to be about locating your way back to see your face because that is where the healing actually starts, I suppose. It's her healing journey from a decade of illness to a lifestyle of great health and happiness If you're looking for a reserve that you will not be able to deposit, then this is actually the one for you personally! Thank you Dorothy for this gem..... "No one can hate themselves

healthful and the road to wellness is not the path of deprivation and punishment" couldn't become more spot on....An ideal read for us forty somethings who want to create a major shift in not merely diet and diet but way of life. A life that is "fully nourished.



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