



Nickel and Dime Diet (Paperback)

By Theresa Marshall

Friesenpress, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How do you make the best of a difficult situation? How can you feed and nurture your family when it's tough to even scrape together grocery money? The Nickel and Dime Diet keeps its answers real, sharing ideas on how to nurture and nourish a family through the tough times. It reminds you that it's okay to not be perfect while fighting fire, and emphasizes that a little love and effort go a long way. After her husband had a near-death accident that changed their lives, emotionally, physically, and financially, nutritionist Theresa Marshall learned through trial and error how to make the best of a difficult situation. Her first-hand experience is detailed here. She has walked in those shoes, and experienced the grief, frustration, sadness, anger, and desperation that others might feel in similar situations. The Nickel and Dime Diet is not a traditional diet book. The word diet reflects making lifestyle changes that work for you, with the outcome being optimal health (emotionally and physically) during this particular time in your life. It's okay to acknowledge you're struggling to...



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