



A Bucket of Life

By James Toombs MD

Pisacano Leadership Foundation. Paperback. Book Condition: New. Paperback. 76 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. Americans are heavy and getting heavier. At one point or another, most adults contemplate weight loss and look for some guidance. Traditional health and fitness books remind the reader of their faults then spill a new diet plan or gym routine on the remaining pages. A Bucket of Life is a short, engaging story of an average American, Jack, who unexpectedly recognizes he is overweight and far out-of-shape. In his quest to become healthy, he is directed to a kindly, older physician. They meet regularly, and, over a series of twelve visits, the doctor presents the essential lessons of human health to Jack and his wife, Jillian. Progressively, the family makes fundamental changes to their usual diet and habits health naturally follows. The story is simple, readable and applicable. A complete health makeover is marched out through the lives of Jack and Jillian as they demonstrate small changes produce big results over time. A Bucket of Life is not intended to be a comprehensive health guide but an entertaining weekend read that sparks a Monday morning plan. This item ships from multiple locations. Your book may...



READ ONLINE
[3.43 MB]

Reviews

It is just one of the best publications. This can be for anyone who states that there was not a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Tara Jerde**

A fresh e-book with a brand new standpoint. Sure, it is playful, nevertheless an interesting and amazing literature. It has been printed in an extremely straightforward way and it is just soon after I finished reading this pdf where in fact modified me, change the way in my opinion.

-- **Deondre Hackett**

Other PDFs



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



DK Readers Flying Ace, The Story of Amelia Earhart Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.8in. x 5.8in. x 0.2in.Amelia Earhart was a famous woman pilot. She is about to set off on the most dangerous flight ever attempted. Find out what happens in Flying Ace, The...



DK Readers The Story of Muhammad Ali Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.7in. x 6.5in. x 0.2in.Written by leading childrens authors and compiled by leading experts in the field, DK Readers are one of the most delightful ways to capture childrens interest and help...



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



Shepherds Hey, Bfms 16: Study Score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 22 pages. Dimensions: 9.4in. x 7.1in. x 0.0in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...



A Sea Symphony - Study Score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 324 pages. Dimensions: 9.6in. x 6.7in. x 0.7in.Vaughan Williams conducted the first performance of his great choral symphony on his 38th birthday, October 12, 1910, at the Leeds Music Festival. The work was well...
