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## Snippets of Health: A Collection of Healthy Quotes (Paperback)

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By Dave Farnham

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you worry about your health? Well, youre 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, theres 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, were 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. Theres something here for everyone and, unlike sugar, all quotes can be safely digested since they contain zero calories.



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