

# CONTENTS

INTRODUCTION 9

CHAPTER 1. EASY WAYS TO EAT WELL 17

CHAPTER 2. EASY WAYS TO  
DO MORE EXERCISE 53

CHAPTER 3. EASY WAYS TO REDUCE STRESS 63

CHAPTER 4. OTHER EASY CHOICES THAT COULD  
HELP YOU TO STAY WELL 79

CHAPTER 5. EASY WAYS TO FEEL MORE POSITIVE 91

CHAPTER 6. ADDICTIONS: WHAT IF YOU JUST  
CAN'T STOP? 121

CHAPTER 7. PUTTING THE THEORIES  
TO THE TEST 149

EASY RECIPES TO GET YOU STARTED 153