



Eat to Live Cookbook: 200 Delicious Nutrient-Rich Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health

By Joel Fuhrman

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- Do you want to eat delicious food that allows you to lose weight and keep it off permanently without hunger or deprivation?
- Do you want to throw away your medications and recover from chronic illnesses such as heart disease, high blood pressure, and diabetes?
- Do you want to maintain your good health, live longer, and enjoy life to the fullest?

If you said yes to any of these, then the *Eat to Live Cookbook* is for you.

Through his #1 *New York Times* bestselling book *Eat to Live*, Joel Fuhrman, M.D., has helped millions of readers worldwide discover the most effective, healthy, and proven path to permanent weight loss.

Now the *Eat to Live Cookbook* makes this revolutionary approach easier than ever before. Filled with nutritious, delicious, and easy-to-prepare recipes for every occasion, the *Eat to Live Cookbook* shows you how to follow Dr. Fuhrman's life-changing program as you eat your way to incredible health.

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Editorial Review

About the Author

Joel Fuhrman, M.D., is a board-certified family physician and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman is the research director of the Nutritional Research Foundation. He is the author of several books, including the *New York Times* bestsellers *Eat to Live*, *Super Immunity*, *Eat to Live Cookbook*, *The End of Dieting*, and *The End of Diabetes*.

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