



Inner Health Outer Beauty

Joanna McMillan

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Supercharge your health and look your glowing best every day of your life with great advice from Dr Joanna McMillan, the official nutritionist of the Channel 9 Today show.

We all know we should look after our health, but what motivates most women to get to the gym or decline that second helping of dessert is not being healthy so much as looking good. We've all heard the message that we should focus on our arteries and blood sugar levels rather than our silhouette - but what we really want is a plan for keeping the weight off and looking our radiant best at all times.

Nutritionist Joanna McMillan knows that appearance is inextricably bound up with physical well-being. The best way to lose weight permanently and develop that attractive joie-de-vivre is to smarten up your habits and live well. In this life-changing book she presents new ways of thinking about food and activity that are easily adaptable into any number of lifestyles and really work.

Inner Health Outer Beauty is a gorgeous and inspiring book for women. In addition to diet, it looks at the full spectrum of food-related factors: appetite, emotional eating and self-sabotage; finding pleasure in food; movement, motivation and activity; planning ahead and lots of divine, contemporary recipes. And it has the hip look and feel to make it an irresistible, pick-me-up publication.

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