



Traci's Transformational Health Principles: School of Natural Healing Special Edition with Recipes on CD

Traci J. Sellers

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Going Vegan? Avoid all the major pitfalls! Nine easy steps transform your diet and help you keep your resolutions permanently! Traci, a friend who's walked the path before, shares personal experiences and wisdom to get you successfully onto a plant based diet, giving tips and tricks for major obstacles like cravings, weight gain, what to do when eating out and more. She even includes a full chapter on cleansing! If you liked Main Street Vegan, Vegan Diet For Beginners, The Oh She Glows Cookbook, The China Study, Forks Over Knives Cookbook, or Food Inc, but hated the recipes, you will love Traci's recipes, all with full color pictures on the included CD. This book was designed for students of the School of Natural Healing, but may be used by all.

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