



## The Little Book of You: 365 Daily Micro-Actions for a Happier, Healthier You

By Nora Rosendahl

The Experiment. Paperback. Condition: New. 288 pages. Small, easy steps for big, life-changing results this book is genius. Jamie Oliver A Nielsen study in 2015 found that Americans top New Years resolutions are to improve health, fitness, and happiness. But its hard to make a change. Everyone struggles with finding the perfect work-life balance, and figuring out how to feed our minds and bodies right without becoming bogged down in the stresses of everyday life. Now, The Book of You makes it easy: devote just one minute each day to a micro-actionsomething small, like eat more fruit, take the stairs, or do a random act of kindnessand achieve a happier, healthier, and more full life. The Book of You offers 365 micro-actions, one for each day of the year, grouped under four areas: Food: Make-Ahead Grub Today, prepare one thing to save you time and stress over the next few days. You could try cooking a big batch of super-healthy grains or freeze portions of fruit ready to blitz into an easy breakfast smoothie. What can you do to make meals a little bit easier this weekMind: Set a Go-To-Sleep Alarm We use alarm clocks to get us up in the...



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### Reviews

*This book will never be straightforward to start on looking at but extremely exciting to read. I actually have read through and that i am sure that i am going to gonna go through once more again in the future. I am happy to explain how this is the very best book i have read through in my individual lifestyle and may be he best publication for at any time.*

-- **Estrella Howe DVM**

*A brand new e book with a brand new standpoint. I have read through and that i am certain that i am going to gonna go through again once more in the future. Its been developed in an remarkably simple way in fact it is merely right after i finished reading through this book in which basically modified me, modify the way in my opinion.*

-- **Prof. Llewellyn Thiel**