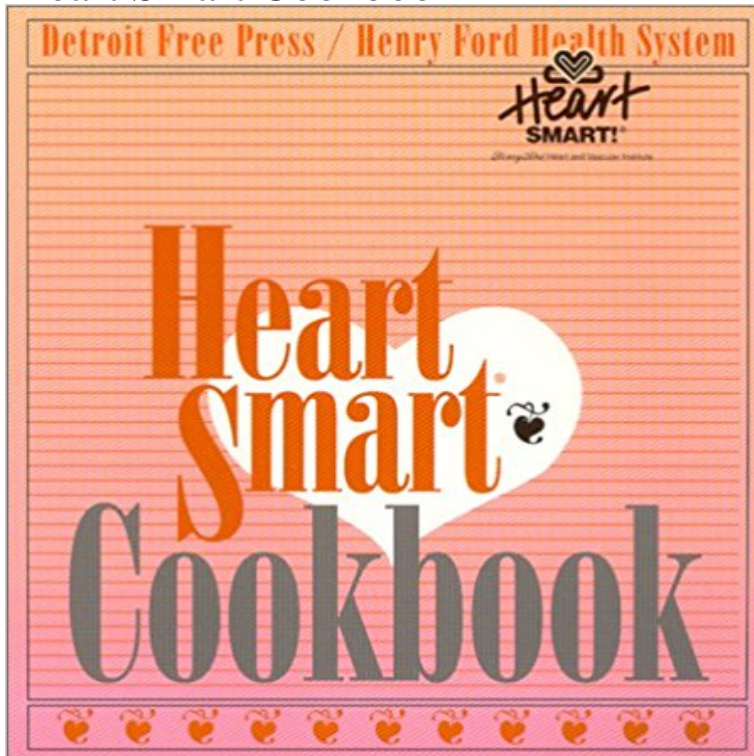


Heart Smart Cookbook



You'll hear it all the time: don't diet. Instead, change your lifestyle permanently to a more healthful one. But what good is a healthful lifestyle if it means you're constantly in the kitchen, poring over recipes, playing around with scales and juggling specified menus to get it just right. This cookbook gives you basic guidelines, practical tips and easy recipes that can help you live a more heart-smart way without the fuss. You'll spend less time in the kitchen and more time enjoying your newfound health.

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