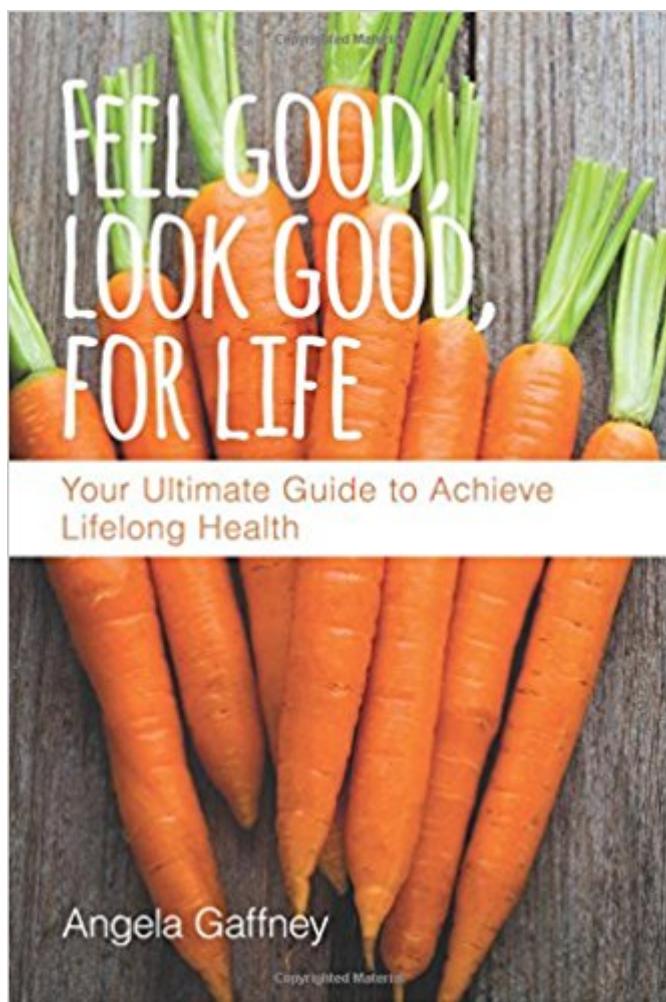


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# Feel Good, Look Good, For Life: Your Ultimate Guide To Achieve Lifelong Health



## **Synopsis**

It is possible to achieve health while fulfilling your professional and personal goals. Angela Gaffney knows all too well what it means to be ill - and she knows what it takes to recover. After surviving a health crisis that nearly took her life, Angela became a Certified Health Coach and has helped hundreds of others achieve health with her simple, effective strategies. You'll be inspired by her story and learn how you, too, can achieve optimal health. *Feel Good, Look Good, For Life* is the ultimate guide to support you in health and transform your life for the better. There's no quick fix when it comes to healthy living. When you implement the strategies Angela shares, and practice what you've learned, your life will forever be changed.

## **Book Information**

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## **Customer Reviews**

Angela Gaffney is the catalyst for healthy transformation. She works with executives and organizations that support the health of their employees and want to create an environment of personal and professional success. It is possible to achieve health while fulfilling your personal and professional goals; Angela knows what it takes to make it happen. After surviving a health crisis that nearly took her life, she became a Certified Health Coach and has shared her proven strategies with hundreds of others. Angela's presentations and workshops challenge attendees to think differently about their health. There's no crash diet, no need for intense willpower, or a restrictive lifestyle. Angela's simple strategies solve common health challenges, empower others to take charge of their health and ignite life-long transformation. Prior to starting Essential Health and Wellness, LLC, Angela worked for Johnson and Johnson in sales, training, and

management and went on to serve the medical community as the Vice President of Sales and Business Development for Distance Learning Network. She relates well to the busy executive, traveling often and balancing the demands of work with quality family time. Angela is a regular contributor to the Huffington Post and has published two cookbooks: The Daily Essentials Cookbook Collection: Breakfast and The Daily Essentials Cookbook Collection: Lunch. She is a member of the National Speakers Association and regularly speaks and writes about wellness. To hire Angela to speak at your next event, discuss a wellness program for your corporation, or take advantage of complimentary health tools, please visit [AngelaGaffney.com](http://AngelaGaffney.com).

This book cuts through all the noise on living a health lifestyle. While sharing her journey to health and wellness Angela offers readers practical tips on daily food management while asking the reader to look inward. The self reflection is so important for each reader so they can get to the root of any personal challenges to maintain their healthy lifestyle. Once this is done the author offers tips that work in the real world, inspiration, and recipes to try. Thank you Angela, for sharing your journey and laying out a road map for us to take care of our bodies for life.

More than a diet book this is a lifestyle awareness and change book. Angela shares her heroic tale from dis-ease to health while raising two kids. If you have ever put your health second you must read this book. This book is a workbook and guide in one. Angela cheers you every step of the way. It's more than counting calories and food choice. Must read for all seeking a healthier life!

I liked this book because it's practical and inspiring at the same time. Gaffney walks you through a viable way to care for yourself (and comes at the subject from an experience and attitude of compassion and self-love, not self-loathing.) I particularly enjoyed the chapter on the benefits of dark chocolate. Time to try a little cacao!

This book has so much useful and accurate information. Great to help you mentally and physically. I have purchased several books and given them to my friends and family. Highly recommended, in my opinion

Fantastic book full of great and doable information. I love how it covers your "whole" life. This book has been a go-to resource for my healthy life.

I love that Gaffney's book is a realistic and complete 'no-fuss' guide on nutrition, and also focuses on living a wholehearted lifestyle, practicing mindfulness, and prioritizing self care as a means to heal the body, mind, and soul. This is so difficult to practice as a busy mom of three boys, so her advice in the book really is a true GIFT to myself and her readers, by teaching us how to feel confident in letting go of relationships and obligations that no longer serve us, advocating for our own health (by not relying solely on doctors to just treat the symptoms), and leaning in to the fact that self care is far from selfish. As someone who has dealt with chronic anxiety for years and is now experiencing a pattern of nonspecific auto immune disorder and vestibular migraines, I wish I had learned all this sooner. But after reading this book, I now feel empowered and very thankful for Gaffney's tips, guiding me to a renewed life of feeling good and back on a healthful journey.

What does it take to OWN your health. Not just lose weight or feel great or look good, but do it all - simply, easily, and specifically for you. That is what this book tells you. What I love is that the doctors told Angela (the author) to prepare for her own demise. And she SHOWED THEM that not only were they wrong, but with small incremental changes she could take her life back. I love that she shows how to take your life back is step-by-step fashion that doesn't scream give up everything except for ice and air. Yeah... you can have dark chocolate and real food and meat. I love that she is so real and honest and wrote a real book for real people with real lives! Excellent! Highly recommended.

The teachings of this author are more beneficial to my health than any advice I have ever been given. I am lucky enough to own one of the first copies of this book and not only is it filled with helpful content, it is beautiful! For years I talked about getting healthier but it wasn't until I made a commitment to learn from an expert did I begin to turn things around. Feel Good, Look Good For Life - what a perfect title! It says it all.

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