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Lifestyle

14.3

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Title: **Feeling Good! – Easy steps to staying healthy**

Author(s): **Alan Maryon- Davies**

Publisher: **Age Concern Books**

Year: **2007** ISBN: **9780862424237**

This book is primarily targeting the 60+ age group. However don't be discouraged if you are a little younger - the information and tips may be relevant to you.

The book presents sensible advice on health management, from diet, exercise and stress to giving up smoking and sensible alcohol consumption.

It emphasises that a lot can be achieved by small changes thus building up a healthy lifestyle.

197 pages

Readability:



Available: **Yes** Cover Price: **£ 9.99**



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