



Eating for Life (Fit for Life Book 1)

Marilyn Diamond

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Before the international blockbuster *Fit for Life*, Marilyn Diamond wrote *A New Way of Eating*. It was the foundational book which began her journey toward better health, and sharing that journey with millions of people.

Now updated by Marilyn herself and aligned with the complete *Fit for Life* series, *Eating for Life* is the perfect place to begin. Follow along with the author in her quest for better health for herself, for her family, and for her readers.

"My sincere prayer for you, dear reader, is that you will benefit from the plant-based diet this book contains as much as I did. I'm offering it to you with great love as the first step you can take your journey through the *Fit for Life* Series to become a totally healthy person. I suggest that you start at the beginning, as I did...

"...I wish you a greater feeling of confidence and self-esteem. I hope that you'll realize your own potential to achieve your dreams, as you remove the inner obstacles that to experience that small steps in the right direction bring you the clarity and strength to take charge of your health, your life and your happiness."

— Marilyn Diamond, October 2015

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