



Full Plate: Nourishing Your Family's Whole Health in a Busy World

MA, Sarah Kolman RN

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Modern parents have a lot on their plates. Unfortunately, this circus act that we call our lives can leave the whole family exhausted, overwhelmed, disconnected, and literally sick. Our children's generation is expected to be the first in history to have a life expectancy shorter than their parents. Something's got to change...

Through practical tools, **Full Plate** will *inspire, inform, and encourage* you to:

Optimize your family's quality of life while influencing their quantity of life.

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