



**The Kaizen Method to Living a Healthy Lifestyle:
Easy Steps to Better Eating and Exercise Habits to
Help You Lose Weight and Feel Great: Lose
pounds and be healthy with no gimmicks**

Barbara Bingham

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You are going to learn how to lose pounds easily and use a practical approach to do this. Diets and gym memberships are never long-term solutions to managing health and fitness. Proven in Japanese management for decades, "kaizen" can be used to turn your health challenges into joy and energy-filled success. Dietitian and Life Coach Barbara Bingham shares the science and the savvy to guide you through a small-step approach which always works when you wish to exchange an unhealthy habit for a healthy one. You can create an entirely healthy, energy and joy-filled lifestyle, one step at a time, no matter what your current physical condition, attitude or age. This is the program approach used, along with Dr. Harvey Mishner, at the popular Kaizen Total Wellness Center in Sarasota, Florida. You won't find any deprivation diets, gimmicks or task-mastering in this book; you will discover how to use a notebook, specific tips and tools to master a healthy lifestyle, and maintain it effortlessly. There are many reasons why you should read this book and the best one is that all of the healthy habits you desire will soon be yours, without struggle.

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