



Charting a Course to Wellness: Creative Ways of Living with Heart Disease and Diabetes

Graham Kerr, Treena Kerr

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The host of "Cooking Light" and the former "Galloping Gourmet" shares his secrets for healthy living

Part autobiography, part cookbook, part inspiration, this book shows how to create a healthy lifestyle and a new way of eating. Celebrity chef and world famous nutrition and healthy eating expert Graham Kerr and wife Treena describe their 33-year journey from an indulgent, destructive lifestyle to one that is healthy and healing, a change made necessary by Treena's heart attack and diabetes.

Readers can use a food preference list to include foods they love in the recipes from the Kerr kitchen. There are 300 great-tasting fruit and vegetable recipes, and 180 recipes from Graham Kerr's highly popular public television show, "The Gathering Place."

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