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It's not just what you eat that is best; you also need a life healthy enough to achieve this goal. SuperFoods HealthStyle will help you understand, prepare, and cook to fit the *Well* life. This approach to life begins with eating well. SuperFoods HealthStyle uses the best and easiest eating plan available, with the right products from healthy food companies, packed with whole grains, and containing healthy fats, proteins, and vitamins, and because the ingredients are all grown in the same place, you can be assured that physical and mental health are well in the balance. It's about looking people, not just what they eat, to get the most out of life for the rest of their life.

**STEVEN G. PRATT, M.D.,** is an authority on the role of nutrition and health in the prevention of disease and maintaining health, and the author of the *Well* *Food Guide*. He is the founder of the *Well* program, a *New York Times* best-seller, and the *Well* *Food Guide*, a *New York Times* best-seller.

**KATHY MATTHEWS** is a registered dietitian, food and nutrition writer, and cooking instructor for *Well* *Food Guide*.



# SuperFoods HealthStyle

Proven Strategies  
for Lifelong Health

**STEVEN G. PRATT, M.D.,  
and KATHY MATTHEWS**

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## Whispering the Strategies of Language: An Psychological Journey through **Superfoods Audio Collection Format Audio**

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