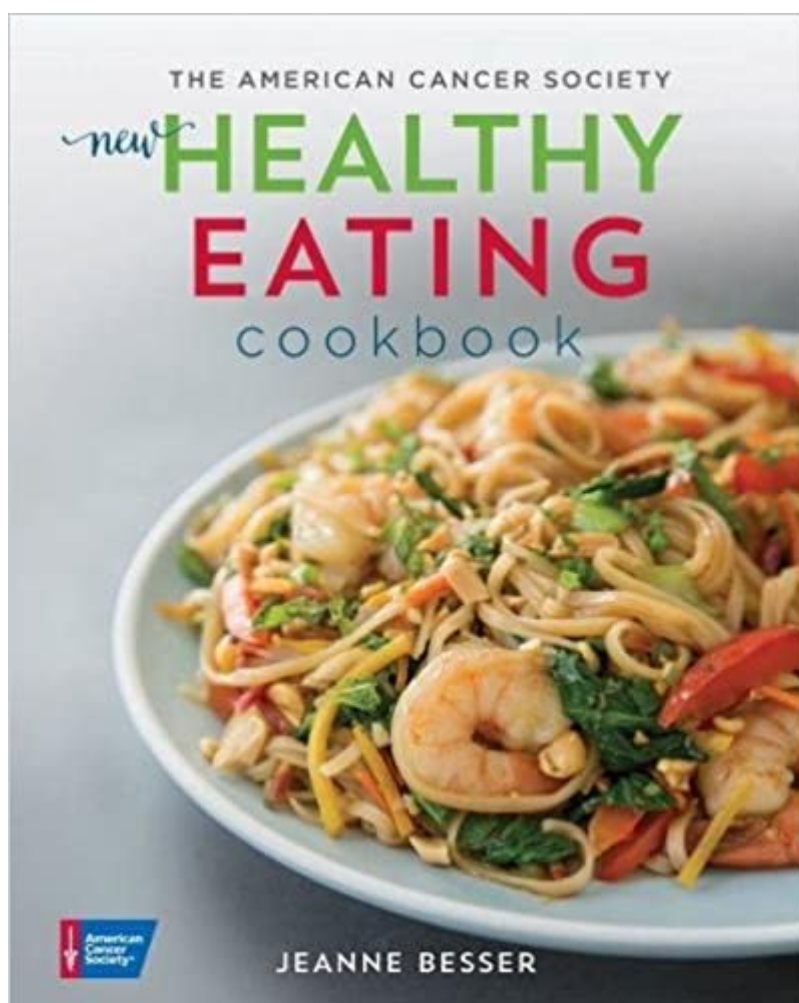


The book was found

# The American Cancer Society New Healthy Eating Cookbook (Healthy For Life)





cookbook collections." â "Midwest Book Review

Jeanne Besser is a former food columnist for the Atlanta Journal-Constitution and author of numerous cookbooks, including the American Cancer Societyâ™s The Great American Eat-Right Cookbook and What to Eat During Cancer Treatment. Among her other cookbooks are The 5:30 Challenge: 5 Ingredients, 30 Minutes, Dinner on the Table; The First Book of Baking; and Working Momâ™s Fast & Easy Family Cookbook. She is coauthor of Tell Me the Truth, Doctor: Easy-to-Understand Answers to Your Most Confusing and Critical Health Questions. She lives in Montclair, New Jersey.

Has some really yummy recipes great cooking/kitchen tips. Especially liked the Thai It Up Chicken Soup...definitely a feel good comfort food with a little different take on traditional chicken soup. Each recipe gives nutritional content breakdown which is great. Not every recipe has a picture but the ones that do are beautifully illustrated. Makes a wonderful gift.

Wonderful recipes and information for healthy living....each recipe has tips for alternate ingredients.....beautifully written.....loved the section on snacks and eating out as well as eating in.....Well Done

The first ten pages are worth the purchase... An easy honest look at real human proportions. Recipes are good and well explained. Great to have above the stove.

Gave this book out as holiday gifts. Bought one for myself and the recipes are great!

Really like this book very yummy simple recipes. Foods that are healthy but palatable.

A wonderful buy. Love the easy nourishing recipes.

Fast shipping and as expected.

Wonderful recipes & delivery

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