



Good Better Best: Simple Ways to Improve Your Nutrition, Health and Life

Mitch Plotnick

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Good Better Best: Simple Ways to Improve Your Nutrition, Health and Life Mitch Plotnick You Can Have a Greater Life!

This book is an incredibly helpful guide for living a life that's filled with greater health and happiness.

Each chapter focuses on a different part of the holistic approach to improving your health and wellness.

These parts include:

- Nutrition
- Weight Management
- Happiness
- Food Choices
- Exercise
- Love
- Sleep
- Career
- Spirituality
- Dealing With Stress
- And More ...

In each chapter I give you simple suggestions for a GOOD way to improve that part of your life, a BETTER way to improve it, and the BEST way to improve it.

The idea for this book came from the nutrition and health coaching I provide for clients in my counseling practice. My clients have found the concept of "Good, Better, Best" to be the most helpful tool for making improved choices that empower them to achieve their health and wellness goals.

You will love this book! And it will help you have a healthier and happier life!

Mitch Plotnick, C.H.H.C.

Mitch Plotnick is a Certified Health Coach. Mitch coaches clients to have healthier and happier lives by supporting them in achieving their health and wellness goals.

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