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Adaeze Wolf

## **Naturally Good**

Relaxed Meals and a Healthy, Happy Life

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Jan Thorbecke Verlag

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- The all-round package: recipes, life coaching and exercise tips
- With a weekly plan to start a naturally healthy way of life
- The author is a professional nutritionist

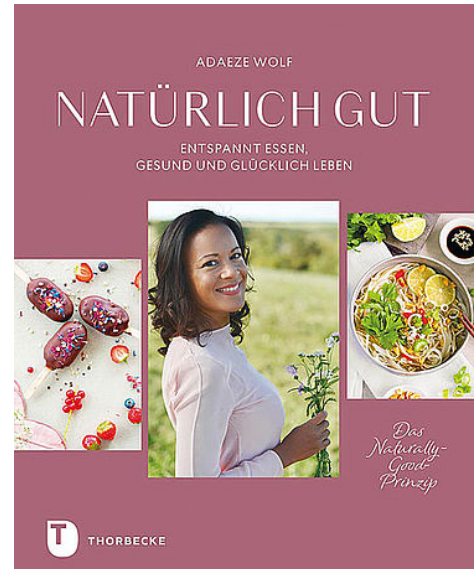
Never before has there been so much differing information about healthy eating, making it harder to have a good overview and stay relaxed about it. But you only need two things for a healthy and happy life: the right attitude towards yourself and your body, as well as a series of incredibly tasty recipes. Adaeze Wolf, a holistic nutritionist and health & life coach, provides tips on how you can eat in a more relaxed, healthy and happy way.

Adaeze's 6 tips for an all-round happy life:

1. Eat a healthy diet.
2. Eat simply.
3. Eat in a relaxed way.
4. Be active and exercise.
5. Be mindful towards yourself.
6. Take responsibility for your health and your life.

### **About the author**

Adaeze Wolf is a holistic nutritionist and certified health & life coach. As a lifestyle blogger, she is the face behind Naturally Good. This is where she deals with issues related to the topics of nutrition, well-being, natural beauty and anti-ageing. Outside of the Internet, she gives lectures, organises cooking & health-food workshops and holds retreats in Germany and on Mallorca with the topic of "Holistic Healthy Living." Adaeze Wolf lives with her two children and husband near Heidelberg, Germany.



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