



# The Miracle of Health: Simple Solutions, Extraordinary Results

*Uche Odiatu, Kary Odiatu*

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"...*The Miracle of Health* is for everyone who wants to live better and longer."

—**Dr. John Ratey, MD, author of *Spark*, Clinical Associate Professor of Psychiatry, Harvard Medical School**

Everyone has heard the "hows" and the "whys" when it comes to health and fitness, so why don't we all look and feel the way we truly desire? Good question! Our answer: Because knowledge alone does not inspire change.

In *The Miracle of Health*, we will show you how to uncover your own private, powerful reasons to take action. You will learn the secrets to lifelong health, and how to start looking and feeling better immediately!

*The Miracle of Health* applies the psychology of success to fitness. Learn how to create joy on your journey to fitness, find meditation in movement, and see for yourself how one positive choice for greater health will create a ripple effect across every area of your life!

Simple strategies will show you how you really can end your struggle with weight, low self-esteem, lack of energy, and poor health: start by choosing just one action step. Our book is packed with sound nutritional strategies that show how you can enjoy eating out and traveling without the usual guilt and worry about weight gain. New topics like mindful eating, de-junking your house, and our Top Foods Nutrition Plan will give you all the tools you need for lifelong success—but more importantly, after reading *The Miracle of Health*, you will WANT to take action today!

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