



One Simple Change: Surprisingly Easy Ways to Transform Your Life

Winnie Abramson

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Small changes add up!

We all want to look and feel better, and *One Simple Change* shows us how. In this wellness guide, Healthy Green Kitchen blogger Winnie Abramson compiles 50 small changes that readers can easily make to improve their everyday well-being. Abramson—who has a doctorate in naturopathic medicine—throws fad diets out the door in favor of age-old culinary wisdom, green living tips, cutting-edge nutrition information, and 15 simple and easy recipes. Readers can work through the tips week by week or dip in and out of the book at will. This game-changing guide will be treasured by anyone hoping to look and feel healthier, younger, and happier.

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