

# **Eat Your Way To Sexy: Reignite Your Passion, Look Ten Years Younger And Feel Happier Than Ever By Elizabeth Somer**

**By Elizabeth Somer**

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Elizabeth Somer is a registered dietitian and the author of several books, including Eat Your Way to Happiness and Food & Mood. She is the editor of the Nutrition

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of course, waistline are all directly connected to what you eat. In Eat Your Way to feel calmer, happier Reignite Your Passion, Look Ten Years Younger

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Elizabeth's work has won awards for her efforts to educate Americans on what to eat to improve their lives, mentally and physically. Elizabeth Somer, nutritionist.

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