



The Millionaire's Diet - Eating For Success: How Successful People Feed Body, Mind and Soul (Volume 1)

Anton Uhl

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The Millionaire's Diet: Eating For Success explores the direct relationship between the food we eat and our potential for success. In this book, some of the greatest teachers of our time, including John Gray, Marci Shimoff, David Wolfe, Janet Attwood, Dr. Daniel Amen and many more, reveal how what we eat actually determines who we are and who we can become. Most diets focus only on outward appearances. The Millionaire's Diet goes deep into the roots of our lives to show how food affects so much more: our spirit and energy, our hormones and the very brain chemistry that makes it possible to think and feel in a way that is conducive to our success in the world, our health, our relationships and our finances.

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