

EAT YOURSELF CALM



INGREDIENTS & RECIPES
TO REDUCE THE STRESS IN YOUR LIFE

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Gill Paul

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An accessible new series which shows how to harness the power of food to improve well-being and deal with common health concerns. The first part of each book looks at key ingredients and their impact on immediate mood and long-term health. A Problem Solver then approaches the subject from the point of view of the most common everyday ailments, listing the key foods and recipes with which to target the problem. Meal planners make it easy to put into effect, with seven days of three meals and three snacks a day.

Eat Yourself Calm, with more than 60 easy-to-follow, quick-to-prepare, completely delicious recipes and weekly meal planners, is the perfect way to achieve optimum health while reducing the power that stress wields over our lives. Your energy and focus will improve, and the niggling symptoms that have blighted your life will disappear. You'll be able to deal with problems more effectively, thereby reducing stress even more. So to achieve that win-win situation, this is the perfect guide. Reduce the effects of stress by eating delicious, nutritious, stress-beating foods.

Eat Yourself Calm Details

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From Reader Review Eat Yourself Calm for online ebook

Danielle says

An interesting and useful concept, great recipes. The beet and feta salad was especially delicious.

Chelsea Pierce says

This book was both informative and inspiring. It's eye-opening how much natural food choices effect the function of the human body's system.

Amna says

I've been looking for a book like this for a while now and I'm glad I finally found it.

Let me start by saying that I love the way in which this book is laid out and love all the simple illustrations; its pretty easy to follow through and it lists all the calming 'super foods' in a pretty nice way and it explains what's so special about these foods and you can easily go back and check it out again.

I especially love the pages titled 'What's your problem?' where it basically lists a bunch of not-too-serious health problems (such as headaches, poor concentration, low energy, sleep problems, etc.) which may be caused by stress and tells you what foods combat them. Again I love the way that it's all laid out for you and you can easily navigate through this book whenever you need to.

The recipes in this book are pretty simple and easy to follow, most of them aren't time consuming either and the ingredients used shouldn't be to difficult to find. I'm super excited to try out the recipes in this book.

Amanda Vigil says

Very helpful advice, good read. Can't wait to try some of these recipes!

Erin says

This book, while not exhaustive, is a pretty good overview of how our food interacts with our bodies. I will definitely be referencing the meal planning and recipes!

Meaghan Steeves says

This was okay but I would have appreciated more, both in information and recipes. That being said, this was a great rough guide for this topic and I will definitely be referencing it both for stress-relieving food info as well as the delicious-looking recipes!

Barbi Faye (The Book Fae) says

A perfect all around general guide to assist you in finding delicious, nutritious food and recipes, reducing the effects of stress by eating stress beating foods.

Cori says

What intrigued me: Picked this up while browsing the books at Urban Outfitters.

What I liked: The problem solver and recipe for Mango Brulee!

What I didn't like: n/a

Favorite quote:

Mango Brulee:

2 large, ripe mangoes - peeled/stoned/sliced

2 teaspoons rum OR vanilla extract

1 teaspoon cinnamon

1 1/2 cups Greek yogurt

6 teaspoons brown sugar

Divide sliced mangoes between 4 small ramekins filling them half way, then drizzle rum or vanilla and sprinkle cinnamon. Spoon yogurt on top and level. Sprinkle the brown sugar on top. Low broil for 5 minutes until sugar browns and bubbles.

A. K. says

The first of the Eat Yourself series that I've read, and it's a nice little surprise. Quite a clever idea to list the ingredients according to somatic reactions, and the book quite simplifies the 'What are we eating this evening' problem too.

The only idea I didn't really agree with was roasting nuts to enhance their omega-3 content. All nutrition schools I know teach that omega-3 is very heat sensitive, best enhanced when cold and raw. Never mind, this series is worth the time, going ahead with Eat Yourself to Energy.

Kirra says

This is a recipe book but it's also super informative. The book starts with tips on keeping yourself calm and then moves on to foods. They then list a good and explain what it helps with, how much to eat, what its rich in (antioxidants, magnesium...) and how to use it! Then it has two pages of problems (eg. Dizziness,

headaches...) and what to eat as well as what recipe in the book to make. After all that great information you have awesome recipes for breakfast, snacks, lunch, dinner and dessert!

Krista says

I thought it gave more hints and tips than it did. It was a great summary of the foods that we need to eat to feel more relaxed and less anxious. It has a lot of recipes, if that's what you are looking for.
