



Get Healthy, Get Happy: How to Make Small Changes that Give You Big Results

Julie Isphording

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Small change adds up. Put those dimes, nickels, and pennies into a jar every day, and watch the dollars grow over time. Make small changes in daily habits — meals and snacks, relationships, work, workouts, leisure — and a much healthier, happier, and better person emerges. In this succinct, accessible book, sportswoman and motivational speaker Julie Isphording shows how to make it happen. For example, says the author, replacing a soft drink with water at just one meal — say, lunch — increases water consumption by 30 gallons per year while avoiding 50,000 calories of carbonated sugar and \$500 in costs. And that isn't counting the psychological benefits of healthier consumption. Divided into five chapters covering mental attitude, healthy lifestyle, exercise, diet, and inspirations for staying the course, *Get Healthy, Get Happy* offers a simple, smart program for busy people who want to make life changes but don't think they have the time.

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