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A Bucket of Life

By James Toombs MD

Pisacano Leadership Foundation. Paperback. Book Condition: New. Paperback. 76 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. Americans are heavy and getting heavier. At one point or another, most adults contemplate weight loss and look for some guidance. Traditional health and fitness books remind the reader of their faults then spill a new diet plan or gym routine on the remaining pages. A Bucket of Life is a short, engaging story of an average American, Jack, who unexpectedly recognizes he is overweight and far out-of-shape. In his quest to become healthy, he is directed to a kindly, older physician. They meet regularly, and, over a series of twelve visits, the doctor presents the essential lessons of human health to Jack and his wife, Jillian. Progressively, the family makes fundamental changes to their usual diet and habits health naturally follows. The story is simple, readable and applicable. A complete health makeover is marched out through the lives of Jack and Jillian as they demonstrate small changes produce big results over time. A Bucket of Life is not intended to be a comprehensive health guide but an entertaining weekend read that sparks a Monday morning plan. This item ships from multiple locations. Your book may...



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