



The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease, and Live Long

By Farnoosh Brock

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The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease, and Live Long By Farnoosh Brock

Whatever your fitness regimen, health goals, or daily routine--this massive book of 100+ smoothie recipes has a recipe for every occasion. Potassium-rich bananas, free radical-fighting blueberries, nutrient-rich spinach, succulent mango, or light and sweet almond milk, every delicious natural ingredient you can think of pairs up in this smoothie bible for devoted followers of the healthy smoothie revolution that's sweeping the nation.

Author Farnoosh Brock shares her knowledge, discoveries, useful tips, and lessons learned from years of making smoothies and getting healthier from the powerhouse of nutrition from these drinks. She gives you the full scoop on how to get started, how to keep it simple, how to listen to your body as you add healthy smoothies into your life and how to heal your body and return it to harmony using the magic of your blender.

Wondering how to stay motivated after the initial excitement wears off? How to make smoothies quickly and efficiently while still keeping it fun and fresh? Farnoosh talks you through all of those situations, and gives you tips on how to manage each as you move forward with *The Healthy Smoothie Bible*.

So start your blenders--and enjoy this comprehensive resource about every aspect of the wonderful world of healthy smoothies!

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not

otherwise find a home.

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Editorial Review

Review

All of the 'smart habits' Farnoosh talks to her readers about are the ones she practices in her own life. She keeps it real. Forbes

About the Author

FARNOOSH BROCK left a successful career at a Fortune 100 corporation to start her own company, Prolific Living, Inc., to pursue her passions of writing, holistic health, career coaching and entrepreneurship. She helps you create your ideal lifestyle by simplifying your nutrition, adopting a positive powerful mindset, building smart daily habits in your life, and achieving your career goals. She's in love with green juices and healthy smoothies because they have restored her health and happiness. When she is not writing or blogging or whipping up a healthy drink, she is doing her yoga practice, traveling to an exotic location and inspiring others to live better fuller lives.

Users Review

From reader reviews:

Aimee Simmons:

Spent a free time and energy to be fun activity to complete! A lot of people spent their leisure time with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the publication untitled The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease, and Live Long can be great book to read. May be it can be best activity to you.

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David Rivera:

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Gary Simms:

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