



# **Cooking Well: Mediterranean: Secrets of the World's Healthiest Diet, Over 125 Quick & Easy Recipes**

*Marie-Annick Courtier*

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You have the power to reduce your risk of heart disease and stroke, and lessen symptoms of hypertension, depression, attention deficit hyperactivity disorder (ADHD), joint pain and other rheumatoid problems, as well as certain skin ailments, with *Cooking Well: Mediterranean Diet*.

The region of the Mediterranean is famous for the good health of its inhabitants who consume foods rich in omega-3 fatty acids. Now, some of the most delicious and healthy Mediterranean recipes are available in *Cooking Well: Mediterranean Diet*.

*Cooking Well: Mediterranean Diet* contains recipes full of foods that are rich in essential omega-3's, as well as:

- \* An overview on how omega-3's can help with a range of diseases
- \* Tips on the best food to eat for a healthier heart
- \* A meal diary and checklist to track your progress

Being good to your body doesn't mean you have to give up great-tasting food. Get the best of both worlds with *Cooking Well: Mediterranean Diet*.



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