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Latte or Cappuccino? 125 Decisions That Will Change Your Life

Hilly Janes

Description

The media is filled with conflicting studies and reports on what people should buy, eat or drink, and how they should act in order to achieve a fuller life. This innovative book takes the hype and the hassle out of good living, advising the reader to make simple choices - and consequently provides them with a quick and easy way to a healthier and happier life. Tackling everyday lifestyle choices - Heels or flats? Gin-and-tonic or a glass of wine? Manual or electric toothbrush? - *Latte or Cappuccino?* not only solves your daily dilemmas, but backs up its assertions with scientific evidence ... so you know without a doubt that you're making the right choice. Dither no more and decide on a better way of life.

Sales Points

- A simple and speedy guide on how to make small but beneficial lifestyle changes
- Poses a number of seemingly simple, everyday choices and then advises the reader which path to choose for a happier, healthier and wealthier life
- Covers dilemmas across a broad range of lifestyle areas, including diet, health, personal hygiene, working life and personal relationships
- Each solution is backed up by scientific research

Reviews

- 'Covering everything you need to know about those daily decisions we make without thinking' - *The Bookseller*
- 'This little gem is refreshingly unfussy and surprisingly useful for all our daily dilemmas' - *Star magazine*
- 'Take the hassle out of good living by taking the small steps that'll make a big difference' - *Stellar*

Author Biography

Hilly Janes is an award-winning writer and editor specializing in health, lifestyle and social affairs, with 20 years' experience on national quality newspapers and magazines in the UK, including *Prospect* magazine, *The Times*, *The Guardian*, *The Observer* and *The Independent*. She was also the launch editorial director of social networking website *The Times Health Club*, and also launched and edited the *Saturday Times*' multi-award-winning *Body&Soul* health and wellbeing supplement.