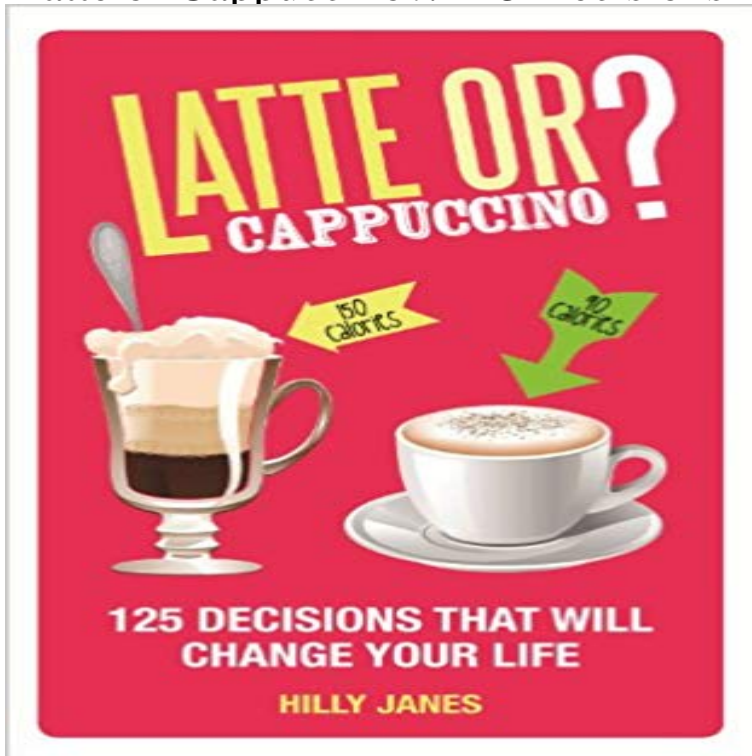


Latte or Cappuccino?: 125 Decisions That Will Change Your Life



An examination of many daily small decisions what to eat for breakfast, how to deal with a heavy workload, whitening toothpaste or regular, go to sleep or have sex and the larger impact each choice can make. 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, consequently providing them with many quick-and-easy ways to a healthier and happier life. Tackling everyday lifestyle choices such as cash or credit card, gin-and-tonic or a glass of wine, zinc or echinacea for a cold, shower or bath. This book not only solves daily dilemmas, but backs up its assertions with scientific evidence. Dither no more and decide on a better way of life.

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Change Your Life Latte or Cappuccino not only solves your daily dilemmas, but backs up its assertions with scientific facts so you

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