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## New Health Book Provides Crash Course in Real Food

All the tools you need to make real food work for your real life

*4 Weeks to Wellness: A Month of Real Food for a Lifetime of Health*  
Sunny Day Publishing

Tarah Chieffi grew so tired of confusing health information, hard-to-read nutrition labels, and the guilt and stress surrounding the age-old question of “how to be healthy” that she wrote the book that finally clears it all up.

In *4 Weeks to Wellness*, Tarah guides readers through shopping for, cooking, and actually enjoying healthy whole foods. Tarah understands that the keys to lasting health include a little real food education, lots of practical tips, and just enough grace to kick back and enjoy life (a.k.a. chocolate) every once in a while.

*4 Weeks to Wellness* has been called “...the most educational, easy-to-implement, and aesthetically pleasing ‘how to eat to be healthy’ book of all time. Seriously.” - Bianca Garilli, ND

With guides to meal planning, label reading, and grocery shopping, as well as tips on food quality, reducing sugar, and staying motivated, *4 Weeks to Wellness* provides readers with everything they need to make real food work for their messy, busy, crazy, *real* lives.



Tarah is a holistic nutritionist on a mission to educate and empower families to find true health and happiness through real food education, simple recipes, and practical kitchen tips. Tarah currently lives in New Albany, IN with her family and holds an MS in Health and Nutrition Education from Hawthorn University. Learn more at [whatigather.com](http://whatigather.com).

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