



I'm Hungry! I'm Bored!: Eat and Play your Way to Better Health, a Leaner Physique, and a Happier Life!

Carol McCormick

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"Carol McCormick's health and nutrition book is chock-filled with eye-opening and rather dismaying data on the food choices many of us make. Her detailed lists showing the fats and sugars in food are worth looking into as is her data on healthy alternatives. The second part of this book contains things kids and adults can do to stop obsessing about food. There are also exhaustive lists of ways to volunteer, work part-time, set up your own small business and get smarter," **(Five Stars) Readers' Favorite Book Review by Jack Magnus**

I'M HUNGRY! I'M BORED! can help you and your children make better dietary choices and behavioral changes that lead to weight loss and health gains. The suggestions in this book will sharpen the intellect, enrich the spirit, develop positive emotions, and strengthen social ties.

I'M HUNGRY! provides the what, why, and how-to of nutrition and weight loss by defining the problems, offering solutions, and then presenting guidelines to carry them through.

I'M BORED! offers hundreds of suggestions and links to fun and educational activities, questions to ask, jobs to perform, and services to volunteer, all-of-which develop the intellect, confidence, and feelings of fulfillment. These activities may also deter the hand-to-mouth eating habit that so often accompanies boredom.

Carol McCormick is a certified personal trainer and a certified health coach through the American Council on Exercise, one of the top fitness organizations in the world. *I'M HUNGRY! I'M BORED!* was born out of her great concern for children and adults who struggle with weight-related personal and social issues. Overweight children are falling prey to a host of "adult" diseases, and many are taunted, teased, and bullied because of their appearance. Adults are not immune to this discrimination, as they are also "sized-up" when searching for a date or seeking a career. These painful emotions often cause both children and adults, not only to feel sad or upset, but also inferior and insecure. As these physical, emotional, and social problems intensify, feelings of unhappiness may also increase.

Habits instilled in your children now often follow them into their future. In helping them, you will be helping yourself, because what works for them will work for you too, if you need a nudge in this direction. *I'M HUNGRY! I'M BORED!* provides the blueprints needed to lay a strong foundation and create new behaviors that lead to better health, a leaner physique, and a happier life!

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From reader reviews:

Paul Flynn:

Hey guys, do you wish to find a new book to read? Maybe the book with the concept I'm Hungry! I'm Bored!: Eat and Play your Way to Better Health, a Leaner Physique, and a Happier Life! suitable to you? The book was written by famous writer in this era. The particular book entitled I'm Hungry! I'm Bored!: Eat and Play your Way to Better Health, a Leaner Physique, and a Happier Life! is the main of several books that will everyone read now. This particular book was inspired a number of people in the world. When you read this book you will enter the new dimensions that you ever know ahead of. The author explained their concept in the simple way, consequently all of people can easily be aware of the core of this publication. This book will give you a great deal of information about this world now. To help you to see the represented of the world with this book.

Misty Barrientos:

The book I'm Hungry! I'm Bored!: Eat and Play your Way to Better Health, a Leaner Physique, and a Happier Life! will bring one to the new experience of reading the book. The author style to explain the idea is very unique. When you try to find new book to see, this book very acceptable to you. The book I'm Hungry! I'm Bored!: Eat and Play your Way to Better Health, a Leaner Physique, and a Happier Life! is much recommended to you to learn. You can also get the e-book in the official web site, so you can more readily to read the book.

Kathy Woodward:

Is it you who having spare time subsequently spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This I'm Hungry! I'm Bored!: Eat and Play your Way to Better Health, a Leaner Physique, and a Happier Life! can be the solution, oh how comes? A book you know. You are so out of date, spending your time by reading in this completely new era is common not a geek activity. So what these guides have than the others?

William Jones:

As we know that book is vital thing to add our expertise for everything. By a guide we can know everything you want. A book is a list of written, printed, illustrated or even blank sheet. Every year ended up being exactly added. This guide I'm Hungry! I'm Bored!: Eat and Play your Way to Better Health, a Leaner Physique, and a Happier Life! was filled concerning science. Spend your spare time to add your knowledge about your technology competence. Some people has several feel when they reading some sort of book. If you know how big benefit of a book, you can feel enjoy to read a guide. In the modern era like at this point, many ways to get book which you wanted.

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