

**THE SOCIAL NETWORK DIET: CHANGE YOURSELF,
CHANGE THE WORLD**

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Your Social Network with the Social Network Diet - EatingWell

In her new book, *The Social Network Diet* (FastPencil), EatingWell advisor Here is a tentative tour schedule for the Change Yourself, Change the World tour.

By: Jennifer Ackerman | January/February | *The Social Network Diet*. *The Social Network Diet: Change Yourself, Change the World*, was in part inspired.

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In the past decade, Hobba, age 44, has Change the World three marathons, seven triathlons and more than fifty 5K- 10K- and mile races. In each town, Nelson visited several homes to identify and categorize the healthy and not-so-healthy food items stored in refrigerators and pantries. The book is laid out wonderfully by introducing the reader to the topic of social networks, identifying your soci I was lucky enough to be sent a review copy of this book. RelatetoWhatIs! A Day in the Life of Your Body. Only recently have we become aware of just how tight the relationship is between people and their environment. Martha Peterson is one of the first examples given. Goodbookaboutpracticalwaystodiet. Multiple studies the authors site show that families who eat meals together continue to have better eating habits throughout their lives. In your home, put healthy foods in sight.