

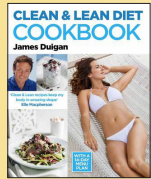


The Waterstones Card guide to *Health and Wellbeing*

You've already made your new year's resolutions, but meeting them is the hard part!

If you want advice from the experts on how to slim down, stop smoking, live happier or manage your time more effectively then we've picked the best books written to help you achieve your goals.

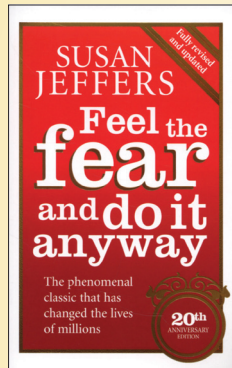
We love...



The Clean & Lean Cookbook
James Duigan

Continuing James Duigan's Clean & Lean philosophy this inspirational new cookbook illustrates what you should be eating to keep your body in its best-ever shape. Starting with breakfasts to kick start your day the healthy way it takes you through lunch and dinner with ideas for quick, easy meals that won't impact on your waistline. With James' trademark 'Bad, better, best' columns there is also advice on the healthiest choices when eating out at a variety of locations from a romantic meal at your favourite Italian to your popping out to your local deli at lunchtime. A chapter of 'Cheat Meals' with ideas for your weekly indulgence also means you can eat well without feeling deprived of your favourite treats. Packed throughout with personal recipes from James' celebrity clientele this book will show you how to cook your way to staying Clean & Lean for good.

Read me first...



Feel the Fear and Do it Anyway
Susan Jeffers

Susan Jeffers has helped millions of people around the globe to overcome their fears and heal the pain in their lives. Such fears may include: Public speaking; Asserting yourself; Making decisions; Intimacy; Changing jobs; Being alone; Ageing; Driving; Losing a loved one; Ending a relationship. But whatever your anxieties, Feel The Fear And Do It Anyway will give you the insight and tools to vastly improve your ability to handle any given situation.

Or try...



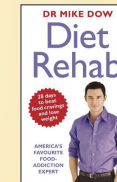
The Dukan Diet
Pierre Dukan



Skinny Meals in Heels
Jennifer Joyce

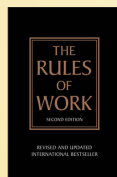


Instructions for Happiness and Success
Susie Pearl

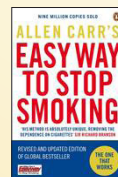


Diet Rehab
Mike Dow

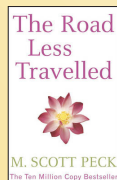
Lifestyle changes...



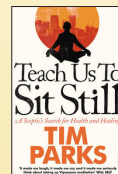
Rules of Work
Richard Templar



Easy Way to Stop Smoking
Allen Carr

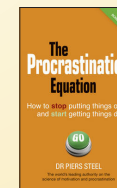


The Road Less Travelled
M.Scott Peck



Teach Us to Sit Still
Tim Parks

New Out...



The Procrastination Equation
Piers Steel

How to stop putting things off and start getting things done - if you're like us and you can't get your head out of the clouds, or you're easily distracted by the shiniest of objects then have no fear - we can be helped!



Get Running
Matt Roberts

Running is the most popular form of exercise in the world - in this book personal trainer Matt Roberts teaches you to set yourself attainable goals and get ahead of the pack. We love our late teas and elevenses, so this book is a godsend for those of us wanting to lighten the load.