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Jane Haddad

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Drink Your Greens To Achieve Your Dreams
28 Day Success Guide



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#986033 in Books Jane Haddad 2013-09-09 Original language: English PDF # 1 9.00 x .69 x 6.00l, .89 #File Name: 0615842550302 pages Green Smoothie Habit Drink Your Greens to Achieve Your Dreams 28 Day Success Guide | File size: 63.Mb

Jane Haddad : Green Smoothie Habit: Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide before purchasing it in order to gauge whether or not it would be worth my time, and all praised Green Smoothie Habit: Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide:

12 of 12 people found the following review helpful. Jane's advice on drinking your greens and using the vitamix has been priceless to us. By greggreat book and you certainly don't need a vitamix to benefit from the book but here is how we benefited. I bought a vitamix with the intent of making and drinking green smoothies. Even with the instructions and video from vitamix and other green smoothie books I purchased, I still felt confused about both and lost my enthusiasm for drinking my greens and the vitamix sat on the shelf. Then I found Jane's website and I am so grateful for how her videos showed me what the vitamix is really capable of and how to use it. For me this has taken all the confusion out of making green smoothies. I now make green puddings, healthy soup, green smoothies and beauty waters and I know how to make green juice with the vitamix using the nut/milk bag. The recipes in Jane's book are uncomplicated and explain greens so well. It would be enough reason to buy Jane's book if it were just about having better health and mental clarity but it is about so much more. I am so happy because my husband is totally on board with me on this and we have been given the gift of a wonderful anti-aging tool and that is the green smoothie habit. Thank you Jane!

2 of 2 people found the following review helpful. Her videos are wonderful too!!! By Marc Daniels Jane has a bunch of videos which I first came across when I first got my Vitamix. I was looking for simple, easy things to make and the minute I heard her speak. I saw how she loves vegetables, and how she respects simple, clean, few ingredient recipes...I was, and still am, hooked....quite simply, she is a wonderful teacher. The book is merely an extension of that care she gives in guiding you to a healthier lifestyle, I've introduced a friend to her videos and she has also snatched up her book as well....her Hot Green Tea smoothie is kinda brilliant. The thing I truly love about Jane is how she is opening up my mind to using my vitamix for EVERYTHING. I never would have gone beyond the basic green smoothie. Ever. Now I'm making beauty waters, almond milks, and using fruits and vegs in ways I NEVER would have thought....cucumber and date soup? Sound weird? NOPE ITS DELICIOUS. So blessed to have Jane Haddad in this world. Her love of simple, unadorned recipes are to be cherished. Highly recommend this book, but also make sure you check out her videos!!! YouTube 'green smoothie habit' and they should pop up...this book is wonderful. Jane is a joy. You will love rediscovering simple, unadorned recipes. I'm not religious per se...but there is something truly divine and inspirational about respecting vegetables and fruits. I know that sounds weird....but simple, easy, nutritious, FUN recipes are a gift...and Jane is a perfect teacher. Enjoy!

4 of 4 people found the following review helpful. I love my new habit! By Laura Aldag I have never had a relationship with greens, an on and off again affair with fruit, and my blender had never experienced life beyond chocolate chip ice cream and milk! But having tried a green smoothie in the past, I knew they could be delicious. Being a big believer in the power of developing new habits when trying to make a lifestyle change, I was intrigued by the title of this book. So I took the challenge, went hunting for collard greens and kale, and gave it a whirl! At the end of the 28 days I can honestly say that I feel more energetic, my moods are more stable and I look forward to my smoothie every day! And I have had fun sharing many of them with colleagues at work. I am not saying I have given up on my ice cream but I love adding my greens to my diet. Thank you Jane...I feel better than I have in a long time.

Green Smoothie Habit is more than a cleanse, detox, diet book, recipe encyclopedia or cookbook. It is about more than physical weight loss. It is a well thought out integration of two vital life components: How to build the green smoothie habit and never again worry about not getting your greens. How to achieve your dreams through a thoughtful, pleasurable set of doable action steps. No matter what your regular diet is, whether you are a meat eater, vegetarian, vegan, raw food, paleo, gluten free, etc., green smoothies offer an easy and simple nutrition solution that can also help you boost your positivity and cheer, stabilize your weight and soothe your emotions. During your 28 days of drinking your greens, you may experience some or all of the following: Lose an inch or two of belly fat. Lose four to eight pounds. Enjoy softer skin and fresher breath. Experience more energy and positivity. Feel beautiful, inside and out. The Thoughts of the Day, Affirmations and Action Steps help you build your inner foundation and support system for a life long green smoothie habit. Green smoothies shower you with antioxidant and phytonutrient benefits, gently and lovingly rinsing you clean from the inside out. It is inspired by and complementary to the green smoothie revolution. Each day you will drink your greens and discover something wonderful about yourself. Jane Haddad guides you step by step through her 28 Day Success Guide, integrating practical how-tos for building your green smoothie habit with inspiring support and motivation for achieving your dreams. Simple and Easy Green Smoothie Habit doesn't burden you with complicated green smoothies that require expensive and hard to find ingredients. Greens, fruit and water are the simple recipes offered in this book. You will learn what greens do for your body and mind, how to utilize them and why you should. How to clean, store and blend your greens. Valuable tools and tips. Daily and weekly shopping lists. Jane's Beauty Water Formula. Two Bunch Bonus Day and more. With plenty of writing space and beautiful imagery, this book also serves as an inspiration to, and a memoir of your greens drinking journey, sure to become not only one of your favorite green smoothie books, but also one of your most cherished mementos. Note from Jane: My dear green smoothie friend, It is my pleasure to bring you Green Smoothie Habit, Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide. I have created a wonderful life tool and I can't wait for you to get started. This is no ordinary green smoothie book. You can be confident it works. When I first began my website in October 2010, I presented this program as my 30 Day Protocol. Versions of it were also offered in two different

eBooks to field test it. Actually, I didn't know I was field testing it because at the time I didn't know it would become a book. I was just excited to find green smoothie friends and share the joy of drinking my greens with them. They taste tested the smoothies and completed the Action Steps, the positive tools I provide you that can be used in your whole life, not just the green smoothie portion of it. Finally, the protocol and eBooks were merged, redesigned and edited, polished and loved up to bring you this book, the chlorophyll cream of my crop. Whether you are a beginner or an experienced green smoothie drinker, 28 exciting days await as I take you beyond the blender. I don't want to give it all away here, but I think you will be pleased. This book is a road trip and I put you in my green smoothie car and drive you to the finish line. But you are the one that crosses it. Welcome. Click Amazon's 'Look Inside The Book' feature to sample a taste of Green Smoothie Habit.

"This is an extraordinarily original book of inspiration right from the heart! Jane uplifts you, makes you laugh and motivates you through an enthusiasm that can only arise from one's authentic personal experience. She has really deepened my passion for greens and I think my blender will be getting a few extra whirs in the near future. Enjoy this delicious book!" - Ariel Policano, Naturopathic Doctor

About the Author Jane Haddad is the founder of GreenSmoothieHabit.com (formerly BlendItandMendIt.com) where she provides videos, recipes, support, motivation, inspiration and instruction for all who seek to drink their greens to achieve their dreams. Jane has been creating, consuming, writing about, teaching and enjoying the benefits of green smoothies since 2006. Jane is not a doctor or nutritionist and holds no degrees. She resides in Arizona with her husband, drinks green smoothies and has fun with family and friends.