

BESTSELLING AUTHOR OF *The 30-Day Faith Detox*
LAURA HARRIS SMITH
C.N.C., B.S.O.M.

THE SIMPLE, EVERYDAY HABITS FOR
YOUR BODY, MIND AND SPIRIT
**HEALTHY
LIVING
HANDBOOK**



The Healthy Living Handbook
by Laura Harris Smith
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BOOK ANNOUNCEMENT

Laura Harris Smith, Bestselling Author of
The 30-Day Faith Detox, Unveils
Step-by-Step Guide to Living a Healthy Life
in Body, Mind and Spirit

The Healthy Living Handbook
Simple, Everyday Habits for Your Body, Mind and Spirit
by Laura Harris Smith

These days we are living longer than ever, yet we're more run down, anxious, overweight, exhausted, stressed out, depressed and all-around more unwell than ever before. The quantity of the days we live is up, but the quality of those days is down. Way down.

What if there were a simple, everyday way to change this? What if a healthy life were easily within your grasp—body, mind and spirit?

Going beyond overhyped diets and complicated exercise routines, spiritual wellness expert and certified nutritional counselor Laura Harris Smith distills the essence of a healthy life into one simple, practical idea: Change your habits, change your life. By showing that a truly healthy life is more than physical—it's mental, emotional, physical and spiritual—Smith gives you easy, everyday ways not only to live well, but to live better, in every area of life.

Accessible, practical and grounded in real life, *The Healthy Living Handbook* is not a major lifestyle overhaul; it's just full of simple course corrections that will bring you the peace, rest, energy, connection and clarity you've longed for. When you live from a place of true health, you will love more deeply, engage more fully and participate with others more wholeheartedly.

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Laura Harris Smith (LauraHarrisSmith.com) mentors young writers all over the world in her online creative writing classes. An actress, playwright, poet, and media dynamo, she was a TV host on the Shop at Home Network and is the author of multiple books. She and her husband, Chris, who have six children, founded and pastor Eastgate Creative Christian Fellowship in Nashville, Tennessee.

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