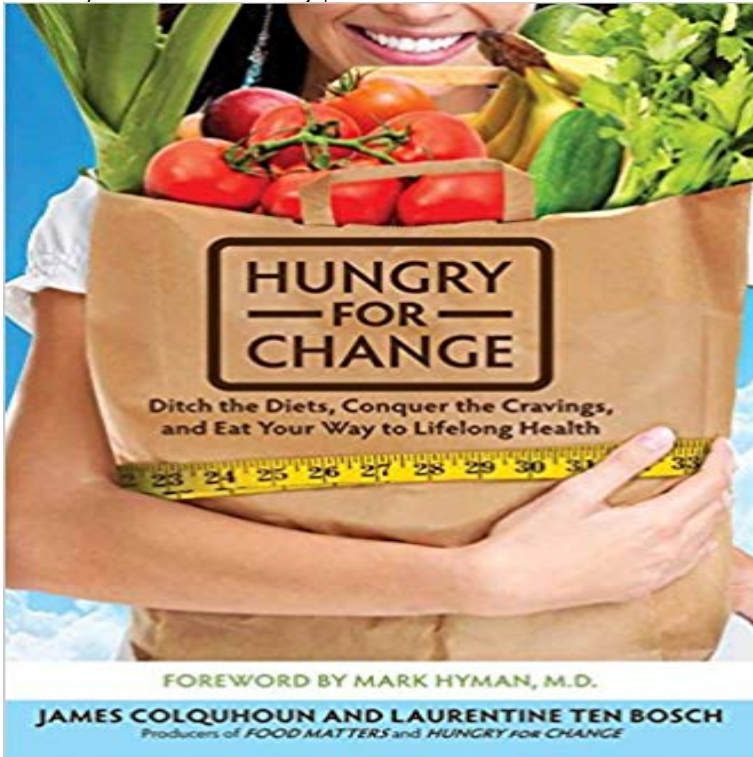


# Hungry for Change: Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health



Nutritional consultants and documentary filmmakers James Colquhoun and Laurentine ten Bosch have teamed up with the worlds leading experts in nutrition and natural medicine to create Hungry for Change a groundbreaking documentary film and a practical, prescriptive companion volume to help you transform your eating habits and change your life. A How-to Guide for Breaking Free from the Diet Trap, Hungry for Change is based on the indisputable premise that Food Matters, as it exposes the truth about the diet industries and the dangers of food addictions, and enables you to take charge of your health and strengthen your mind and body.

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