



Sunny Side Up: Health and Happiness by the Dozen (Paperback)

By Cheryl Fell

Wheatmark, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you disenchanted with quick-fix strategies that never seem to last? If so, Sunny Side Up may be just what the doctor ordered to change your life from the inside out! Nurse FUNshine has been a positive role model promoting wellness as a way of life over the course of her thirty-plus years in the nursing field. As a mental health advocate, Cheryl facilitates breakfast clubs that teach, encourage, and affirm healthy living and genuine happiness. In Sunny Side Up, Nurse FUNshine delights us with her wit, wisdom, and no-nonsense approach to wellness. Inside this book you will find dozens of practical, yet powerful ideas intended to increase your awareness, encourage healthy choices, boost self-confidence, and multiply your joy. Crack up with Nurse FUNshine and discover your own health and happiness on the sunny side of the street. Learn more about Cheryl Fell and her Sunny Side Up attitude at /.



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