

## BOOK: A LIFE UNBURDENED: Getting Over Weight and Getting on with My Life

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for your interest in *A life Unburdened*. Although it was one year in the making, this book represents a lifetime of hard-learned lessons in how one family improved the quality of their lives by improving the quality of their food.

*A Life Unburdened* is an amazing story that begins when Richard Morris--all 400 pounds of him--sets out on an extraordinary journey and rediscovers the power of

traditional foods. Along with his ten steps for success, Richard explains how the Total Food Index (TFI) helped him win the war against obesity and poor health by getting unhealthy foods out of his life forever.

There is no time like the present to start making positive changes in your life today.