

# Contents

Dedication .....	<b>Error! Bookmark not defined.</b>
Introduction.....	<b>Error! Bookmark not defined.</b>
First and Foremost .....	<b>Error! Bookmark not defined.</b>
Part 1: My Story.....	<b>Error! Bookmark not defined.</b>
Chapter 1: Peanut Butter and Sweet Pickles ...	<b>Error! Bookmark not defined.</b>
Chapter 2: Signs of the Canary.....	<b>Error! Bookmark not defined.</b>
Chapter 3: Immune System Speaks .....	<b>Error! Bookmark not defined.</b>
Part 2: The 4-Minute Miracle ....	<b>Error! Bookmark not defined.</b>
Chapter 4: Your Why .....	<b>Error! Bookmark not defined.</b>
Chapter 5: What to Expect.....	<b>Error! Bookmark not defined.</b>
Chapter 6: Practice Guidelines .....	<b>Error! Bookmark not defined.</b>
Part 3: Shifting the Mindset .....	<b>Error! Bookmark not defined.</b>

Chapter 7: From Deprivation to Allowing ..... **Error! Bookmark not defined.**

Chapter 8: Diets to Lifestyle.. **Error! Bookmark not defined.**

Chapter 9: Willpower to Habits....**Error! Bookmark not defined.**

Chapter 10: Mindful Eating.... **Error! Bookmark not defined.**

Part 4: Common-Sense Eating... **Error! Bookmark not defined.**

Chapter 11: Longevity ..... **Error! Bookmark not defined.**

Chapter 12: Vegetables Rule.. **Error! Bookmark not defined.**

Chapter 13: What Food Is and Isn't ..... **Error! Bookmark not defined.**

Chapter 14: Breakfast Confusion ..**Error! Bookmark not defined.**

Chapter 15: Caffeine and Alcohol.**Error! Bookmark not defined.**

Chapter 16: Honorable Mentions ..**Error! Bookmark not defined.**

Part 5: Your Kitchen ....**Error! Bookmark not defined.**

Chapter 17: Time Saving ..... **Error! Bookmark not defined.**

Chapter 18: Cost Saving ..... **Error! Bookmark not defined.**

Chapter 19: Kitchen Staples and Recipes..... **Error! Bookmark not defined.**

Part 6: Solidifying Your Sexy.... **Error! Bookmark not defined.**

Chapter 20: Commit to You ... **Error! Bookmark not defined.**

Chapter 21: Transparency..... **Error! Bookmark not defined.**

Chapter 22: Presence is Key... **Error! Bookmark not defined.**

Chapter 23: Your Practice ..... **Error! Bookmark not defined.**

Next Steps .....**Error! Bookmark not defined.**

The 4-Minute Miracle Book Highlights ..... **Error! Bookmark not defined.**

Acknowledgments.....**Error! Bookmark not defined.**

About the Author .....**Error! Bookmark not defined.**

