

**50 SuperFoods Tips ~ Discover the Benefits of What  
They Can Do for You ~ Better Memory, Mental  
Health, Skin, Longer Life, Protection from Cancer  
and Heart Disease..**

# Superfoods



**by Terry D. Clark**

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**Final: Top 30 Most Powerful Foods On the Planet**

## **1.You Really Are What You Eat**

Recent dietary research has uncovered 14 different nutrient-dense foods that time and again promote good overall health. Coined "superfoods," they tend to have fewer calories, higher levels of vitamins and minerals, and many disease-fighting antioxidants.

Beans (legumes), berries (especially blueberries), broccoli, green tea, nuts (especially walnuts), oranges, pumpkin, salmon, soy, spinach, tomatoes, turkey, whole grains and oats, and yogurt can all help stop and even reverse diseases such as hypertension, diabetes, Alzheimer's, and some forms of cancer. And where one might have an effect on a certain part of the body, it can also affect the health of other body functions and performance, since the whole body is connected. With these 14 foods as the base of a balanced, solid diet, weight loss gimmicks and other fly-by-night programs can become a thing of the past in your life.

Conversely, the ill-effects of an unbalanced diet are several and varied. Low energy levels, mood swings, tired all the time, weight change, uncomfortable with body are just a few signs that your diet is unbalanced. An unbalanced diet can cause problems with maintenance of body tissues, growth and development, brain and nervous system function, as well as problems with bone and muscle systems.

Symptoms of malnutrition include lack of energy, irritability, a weakened immune system leading to frequent colds or allergies, and mineral depletion that can trigger a variety of health concerns including anemia.

And since the body is connected, realizing that an unhealthy body will result in an unhealthy spirit only makes sense. When we nourish our body with these superfoods and complement them with other nutrient-dense and healthy fresh foods, our spirit will be vitalized and healthy as a direct result.

Many modern diets based on prepackaged convenience foods are sorely lacking in many vitamins and minerals, which can affect our mental capacities as well, and cause irritability, confusion, and the feeling of 'being

in a fog' all the time.

Superfoods can be the basis of a sound, healthy, nutritious solution to curing many of these ailments and more.

## **2. Prevention is Worth a Pound of Cure**

It seems like everywhere you look, there's a new pill or medicine that will 'instantly cure' your sickness, disease or health issue. And while taking a pill to cure what ails you might be convenient and simple, maybe it's really time to sit down and take a good, long look at what you're feeding your body, or as it might be, not feeding your body. Are you truly giving your body the nutrients it needs to take care of itself? Most of us find when we take a look at what we've been eating that the choices we've been making in the name of convenience, simplicity, or saving time have actually been detrimental to our overall health - body, mind and spirit.

Our modern day diet largely consists of excessive consumption of starch, sugar, fried and fatty foods. As a result, diseases such as hypertension, diabetes, obesity, Alzheimer's and some cancers are becoming more and more common.

Healthy foods and good nutrition can not only help keep you fit, but treat disease as well. You may not even have to go to a health food store. You can purchase them right at your grocery store, or make a trip to your local farmer's market. And if you focus on basing a healthy, well-balanced diet on the 14 "Superfoods," the detrimental effects of these diseases can be slowed, stopped or even reversed.

And when you nourish your body physically with these nutrient-dense foods, your mental capacities increase, and your spiritual wellness is enhanced as well. In addition, since your spiritual health is optimal, it will shine through to the outside, and people will notice you're happy, calm, and that your stress levels have decreased dramatically.

So look for ways to cut the junk out of your daily eating and replace it with

members of the Superfoods group. Your body, mind and spirit will all be healthier as a direct result.

### **3. Color Your Way to Daily Health**

It's important that we eat plenty of different fruits and vegetables every day. Diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.

You've probably heard about the 5 A Day for Better Health program. It provides easy ways to add more fruits and vegetables into your daily eating patterns. It's vital that we eat a wide variety of colorful orange/yellow, red, green, white, and blue/purple vegetables and fruit every day. By eating vegetables and fruit from each color group, you will benefit from the essential vitamins, minerals, and fiber that each color group has to offer alone and in combination.

There's several different yet simple ways to start incorporating vegetables and fruit into your familiar and favorite meals. You can begin your day with 100 percent fruit or vegetable juice, slice bananas or strawberries on top of your cereal, or have a salad with lunch and an apple for an afternoon snack. Include a vegetable with dinner and you already have about 5 cups of fruits and vegetables. You may even try adding a piece of fruit for a snack or an extra vegetable at dinner.

Don't be afraid to try something new to increase your vegetable and fruit intake. There are so many choices when selecting fruits and vegetables. Kiwifruit, asparagus, and mango may become your new favorite. Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or cucumbers and red peppers.

Get in the habit of keeping fruits and vegetables visible and easily

accessible - you'll tend to eat them more. Store cut and cleaned produce at eye-level in the refrigerator, or keep a big colorful bowl of fruit on the table.

#### **4. Getting Your Nutrition from Real Food is a Good Habit for Life**

Many people think popping a multi-vitamin supplement to get their nutrients is just as good as what comes from real foods. They don't realize that it is far better to get vitamins and minerals from natural foods and juices. Our bodies utilize the vitamins and minerals from real foods more efficiently. And most people find it much easier to select a variety of whole foods they enjoy eating instead of trying to make heads or tails of the entire selection of vitamin and mineral supplements that are available. And any of us who've swallowed a multi-vitamin or a mineral supplement can say without a doubt that the taste leaves a lot to be desired.

Supplements are also difficult for our bodies to break down and use, making it difficult to get the full punch from the vitamins and minerals they contain. Conversely, by consuming plenty of nutrient-dense food to get the equivalent means the nutrients are going to be easier for the body to process and utilize, and less likely to be wasted. We are also processing nutrients throughout the course of the day when we obtain them from food, instead of just getting them from the 'one a day' approach.

Many of the supplements available today use fillers and binders to hold them together, plus coatings on the tablets themselves. These are products the body does not need and will not use. Some people find they are allergic to the dyes and fillers used in vitamin pills. However, the body uses the fiber that binds fruits and vegetables. Often the "skin" of a vegetable, like the potato, is the most nutritious part. In addition, sometimes the vitamin and mineral supplements can upset our stomachs, making taking them even more difficult the next day. In many cases, combining supplements can counteract their effectiveness and can produce stomach upset when dealing with the taste and smell of some supplements. On the other hand, a variety of fruits and vegetables enhance the flavor of a nutritious meal and their fiber aids digestion.



If you're looking to lose weight, eating fresh food is vital to a weight loss plan. Also, eating fresh fruits and vegetables help hair, skin and teeth stay attractive and healthy. And when you think about it, fruits and vegetables are the original 'to go' food. It's simple to grab for an orange, apple, banana, grapes, or quickly toss a few vegetables together for a salad to take to work.

So when you're looking for well-balanced, healthy, reliable nutrition, don't reach for the bottle. Reach for the food!

## **5. Super Foods for Super Weight Loss**

Experts say there are two basic categories of foods that can be considered "keeping it off superfoods" because they fill your tummy without piling on the calories: fruits and vegetables. And the nutrient that gives fruits and vegetables that 'staying power?' Fiber. So, if fruits and vegetables are the "keeping-it-off superfood groups," fiber may well be the "keeping-it-off super-nutrient." Protein is another super-nutrient. It's becoming more scientifically accepted that protein may help to curb appetite. Protein also offers staying power, and can slightly boost your metabolism in the process. But it's imperative that you choose your proteins wisely, because like all other foods, if you're eating more than your body needs, it'll show up on the scale as a gain, instead of a loss.

The following superfoods are smart, low-calorie choices that will benefit your weight loss efforts:

**Green Tea** - Researchers suspect that the catechins (helpful phytochemicals) in green tea may trigger weight loss by stimulating the body to burn calories and mildly decrease body fat. So indulge in either a hot cup or a nice tall iced glass of green tea.

**Broth- or tomato-based soup** - Soups can help reduce hunger before meals and increase your feeling of fullness.

**Low-calorie green salads** - Having a low-calorie salad - which is not defined

as one that's loaded with croutons, high fat dressings, and cheese - as a first course can help you feel full, thereby reducing how much you eat with your main course. Wisely choose your ingredients, and its high fiber content can be the key to helping you fight cravings later in the day.

Yogurt - Including dairy products as part of your healthy diet may promote your weight loss efforts. Choosing a light yogurt may help you fight off hunger pangs due to its combination of protein and carbohydrate.

Beans - A great combination of fiber and protein, beans help you feel full longer, which means they may work to curb your between-meal appetite.

Water - Water is your body's lifeblood, and you should be drinking it through your day. It's a great no-calorie beverage, and you can get it by drinking unsweetened tea, flavored unsweetened mineral water, regular water with lime or lemon, or even in your cucumber. In addition to helping flush toxins from the body, it can also help you feel full. So when those hunger pangs strike, try drinking a glass of water before grabbing that snack.

High-Fiber, Whole-Grain Cereal - Whole grains in general help boost fiber and the nutritional value of your meal. One of the easiest ways to give your daily diet a whole-grain boost is to have a bowl of higher-fiber whole-grain cereal as breakfast or a snack.

## **6. Flush the Fat With Smart Food Choices**

Flushing the fat? As crazy as the concept might sound, the Fat Flush Plan can help you reshape your body while detoxifying your system. This low-carbohydrate, three-phase diet regimen was created by nutritionist Ann Louise Gittleman, Ph.D., C.N.S.

Phase 1 of the plan, called The Two-Week Fat Flush, lasts 14 days and is designed to jump-start weight loss. Phase 2, The Ongoing Fat Flush, helps

you continue to lose weight, and Phase 3, The Lifestyle Eating Plan, focuses on maintenance.

The Fat Flush Plan was designed to increase metabolism, flush out bloat and to boost the fat burning process. At the core of the plan is the commitment to promote a balanced lifestyle and encourage simple healthy habits that seem to have gone by the wayside in our modern and hectic everyday life. Every aspect of each phase of the plan is focused on accomplishing this goal: helpful essential fats, amounts of protein, antioxidant-rich vegetables, moderate amounts of fruits, calorie-burning herbs and spices, cleansing diuretic beverages, exercise, journaling and even sleep are addressed.

The Two-Week Fat Flush is based on an average of 1,100 to 1,200 calories daily, and is designed to jumpstart weight loss for dramatic results. It will transform your shape by accelerating fat loss from your body's favorite fat storage areas - your hips, thighs and buttocks.

The Ongoing Fat Flush is the next step for those individuals who have additional weight to lose but who also want to pursue a more moderate cleansing program and enjoy a bit more variety in food choices while still losing weight. This part of the program is designed for ongoing weight loss, with approximately 1,200 to 1,500 calories each day. This is the phase that will be followed until you reach your desired weight or size.

The Lifestyle Eating Plan is your maintenance program for lifetime weight control. This phase offers over 1,500 calories daily, providing a basic lifelong eating program designed to increase your vitality and well-being for life. You'll add up to two dairy products and up to two additional friendly carbs. Phase 3 friendly carbs include more choices from a variety of starchier veggies and nongluten hypoallergenic grains. Foods are always introduced one at a time to make sure there are no allergic reactions and you're your body tolerates the food well.

## **7. Superfoods that Squash Stress**

Life has a way of getting the best of us some days. Whether it's working too many hours, shuffling your kids all over town for their activities, taking care of your household, or dealing with personal or family matters, stress can take its toll on you physically, mentally, emotionally, and spiritually. But there are simple steps you can take to combat stress, starting with the foods you eat.

Avoiding caffeine and alcohol is a good start when life's particularly stressful. Stimulants and depressants like these can both zap your energy and rob you of the fuel you need to successfully cope with tension. Sugary foods should also be avoided as well, as they cause your blood sugar levels to spike then dip rapidly, which can in turn make your energy levels spike and dip at the same rate.

However, there are several superfoods out there that provide you with the energy and nutrition your body needs to keep stress in check.

Asparagus, which is high in folic acid, can help level out your moods. Folic acid and vitamin B are key players in producing serotonin, a chemical that gets you into a good mood.

And though we may hear negative things regarding red meat, it's actually a wise dinner option for a stressed-out family. Beef's high levels of iron, zinc and B vitamins not only help get you into a good mood, but help you stay there as well. Your local butcher can help you select lean cuts for the healthiest options

Milk really does a body good. Chock full of calcium, protein, antioxidants, and vitamins B2 and B12, it helps strengthen bones and promotes healthy cell regeneration. Paired with a healthy whole-grain cereal choice in the morning, low-fat milk is a great way to start your day and arm yourself to do battle with the stressors that await you. Cottage cheese is also another great dairy choice, and when coupled with a fruit that's high in vitamin C, it helps the body battle free radicals that run rampant during your most stressed periods.

Almonds are also an awesome choice when it comes to arming yourself against stress. They're high in magnesium, zinc, as well as vitamins B2, C, and E and unsaturated fats, all which are great warriors against free radicals, which have been shown to cause cancers and heart disease.

## 8. Superfoods for your Brain

We've all had days when we didn't feel like we were 'on our game.' And as we age, both our bodies and our brains grow old as well. By making smart food choices though, we can preserve our precious gray matter longer and improve brain function. Here are some brainy choices for keeping our noggins in tip-top shape.

Blueberries have been shown to shield the brain from stress, dementia, and Alzheimer's disease. Research has also shown that diets rich in blueberries significantly improved both the learning capacity and motor skills.

Avocados, though considered a 'fatty fruit,' contribute to healthy blood flow and decreased blood pressure, lessening the chances of developing hypertension, which can lead to a stroke.

Deep-water fish, such as salmon is a wise, freshwater fish choice. It's abundant in omega-3 essential fatty acids, which are essential for healthy brain function.

Nuts and seeds are good sources of vitamin E, an important vitamin needed by your brain to stave off declining cognitive functions. Cashews, peanuts, walnuts, sunflower and sesame seeds and almonds are all great choices.

Whole-grain breads, brown rice, and oatmeal also contribute to a healthy brain by reducing the risk for cardiac disease. By promoting a healthy heart and improved blood flow, the brain is sure to thrive via excellent oxygen and nutrient delivery through the bloodstream. Complex carbohydrates also supply the brain with a steady stream of glucose that enhances brain function. It's important to avoid simple carbohydrates often found in junk food because the glucose gives the brain a short-lived sugar high, often followed by a crash that makes you feel hungry and tired.

Freshly brewed tea also has potent antioxidants, especially the class known as catechines, which also promotes healthy blood flow. Since black teas do contain caffeine it's important to use it sensibly.

Dark chocolate has powerful antioxidant properties, contains several natural stimulants, which enhance focus and concentration, and encourages the production of endorphins, which helps improve mood. Again, moderation is the key.

## **9. Superfoods to Rejuvenate Body, Mind and Spirit**

When the goal is rejuvenating the body, mind and spirit, the method should be smaller, more frequent snacks and meals. This will help keep energy levels on an even keel, and regulate your blood sugar levels to avoid spikes and dips. When you choose the right combination of foods, your body gets the much-needed boost it needs to sustain itself properly, even through those slumps later in the day. So dump those high sugar junk foods and reach for the following foods and get that boost you need.

Any fresh fruit, especially with skins or seeds like peaches, apples, pears, oranges, and strawberries, is a great source of vitamins and fiber. In the summer you can choose a peach and get plenty of dietary fiber, niacin (vitamin B3), potassium, beta carotene and vitamin A, plus high amounts of vitamin C. Niacin is important for providing energy for cell tissue growth. Along with regulating fluid balance, potassium helps maintain the electrical stability of the cells of your heart and nervous system and is important for cell and muscle growth. Vitamin B12 plays a role in red blood cell formation, nerve function, and metabolizing protein and fat.

Dried Apricots and Almonds combination provides a high amount of vitamin A, iron protein and dietary fiber. Both foods are low in cholesterol and sodium, and apricots are a great source of potassium, which is important in regulating your body's fluid balance. The vitamin A in apricots contributes to healthy vision, bone growth, and reproduction, and helps fight infection.

Raisins are a healthy, low-fat, low-cholesterol, and low-sodium snack with significant amounts of potassium, phosphorus, copper, and iron, and when mixed with low-fat yogurt, you also get riboflavin (vitamin B2) and vitamin B12, as well as a high amount of calcium, which is needed not only for

strong bones and teeth but also plays a key role in the normal functioning of the heart and other muscles.

Baby carrots and sesame sticks are a tasty treat that will provide significant amounts of beta carotene, vitamin A, vitamin C, folate, vitamin B6, iron, potassium, copper, and fiber. Beta carotene helps protect against diseases like heart disease and some cancers.

Vitamin A is important for healthy skin, for better night vision, and to fight infection and respiratory ailments. Folate, or vitamin B9, is essential to human life, helping to form red blood cells and break down proteins, and playing a key role in cell growth and division.

Peanut butter on some whole grain crackers is an excellent source of protein, iron, niacin, and fiber. Peanut butter on celery is a classic snack, has great staying power, and the celery is stuffed with numerous vitamins, minerals, and is high in fiber. Low-fat string cheese is a good quick source of protein and calcium. They come in easy-to-carry individual servings and you can add a piece of fresh fruit for extra fiber.

## **10. Superfoods that Help Heartburn**

Heartburn and indigestion make millions of people miserable. Continuous digestive problems can be a symptom of overeating, bad food choices or something more serious. Thankfully simple changes in the foods you eat can provide relief.

A number of foods can trigger heartburn or indigestion by relaxing the band of muscles at the end of your esophagus so it can't keep out stomach acid. By avoiding spicy foods with black pepper or chili powder, garlic and raw onions, citrus foods like tomatoes, oranges, and grapefruit, fried or fatty foods, alcohol or anything with caffeine such as coffee, tea, soft drinks, heartburn and indigestion can be greatly lessened or avoided.

For overall healthy digestion and to minimize acid reflux, make sure you get plenty of fiber from a variety of vegetables, non-citrus fruits, and whole

grains. Drink enough fluids to help your body absorb important nutrients and lubricate food waste, and use low-fat methods when cooking. Try drinking herbal chamomile tea after dinner or before bedtime, as it's believed to have a calming effect on the stomach. Smaller but more frequent meals can also help decrease heartburn and indigestion episodes. Be sure to eat your meals and snacks in a calm, relaxed atmosphere where there's little if any noise or distractions. Wear properly fitting clothing that isn't tight in the waist and abdominal area, and don't lie down immediately after eating a meal.

Make your morning meal oatmeal. It's high in fiber, low in saturated fat and cholesterol and when combined with skim milk, gives you a calcium-charged boost to your day. By adding blueberries or raisins you'll be adding some extra iron and potassium into the mix for a well-balanced meal.

You can't beat turkey if you want a lean, nutrient-packed protein source that'll be easy on your stomach. Turkey is high in niacin, which helps lower cholesterol levels in the blood. Chicken without the skin is also a terrific low-fat source of protein. Both are easy to cook either indoors or out.

Apples and grapes are low in saturated fat, cholesterol, and sodium, and are a great non-citrus fruit choice for vitamin C and fiber.

## **11. Superfoods to Stomp out a Cold**

Not only do healthy, nutrient-dense foods nourish your body and help the cells grow and reproduce, they also help arm your body's defenses to ward off attacks from germs that cause colds. Low-fat meats, whole grains, fruits, vegetables and whole grains all play a part in preparing your body to do battle.

Another important component of your anti-cold defense system is water. When your body is dehydrated, it's at an increased risk of germs latching on and not letting go. So be sure to drink plenty of water and decaffeinated drinks to help your body stay hydrated and ready.



Just one cup of yogurt a day may work to keep the gastrointestinal track healthier, which can help ward off colds. It has to be yogurt with live cultures, as this is the key ingredient that helps keep the GI track ready to rumble. And an added bonus to eating yogurt - recent studies suggest regular dairy consumption helps you lose weight or maintain a healthy weight.

Garlic contains allicin, an antibiotic that has been shown to prevent complications from a cold in some research. Garlic can be added to many of your favorite dishes to spice them up and help you suit up to do battle against cold germs.

It's been said an apple a day keeps the doctor away. Well, so can an orange. One orange a day provides your recommended daily allowance of vitamin C. Oranges are also abundant in flavonoids, which helps your body's cells regenerate and stay healthy and strong. Green bell peppers are the vegetable family's best vitamin C source. Add them to a salad, or simply slice one up and eat it raw. Flavonoids are also found in peppers. You may even want to prepare a green pepper dip seasoned with garlic for an added germ-kicking effect.

Lean ground beef, especially when prepared with a bit of garlic, can maintain cell health and fight off illness. It's a good source of protein, selenium and zinc, and when eaten with a bit of tomato, is a great defense during cold season.

## **12. Superfoods for Fighting the Flu**

Breakouts of the flu are responsible for millions of lost hours at both work and home each year, not to mention many miserable days trying to recover. If you're wondering what you can do to naturally boost your immunity and prepare your body's defenses, study the foods you're eating, look at your family's meals, and make the changes needed to ensure everyone is eating a well-balanced diet abundant in nutrient-dense fruits and vegetables, low-fat proteins, and complex carbohydrates.

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