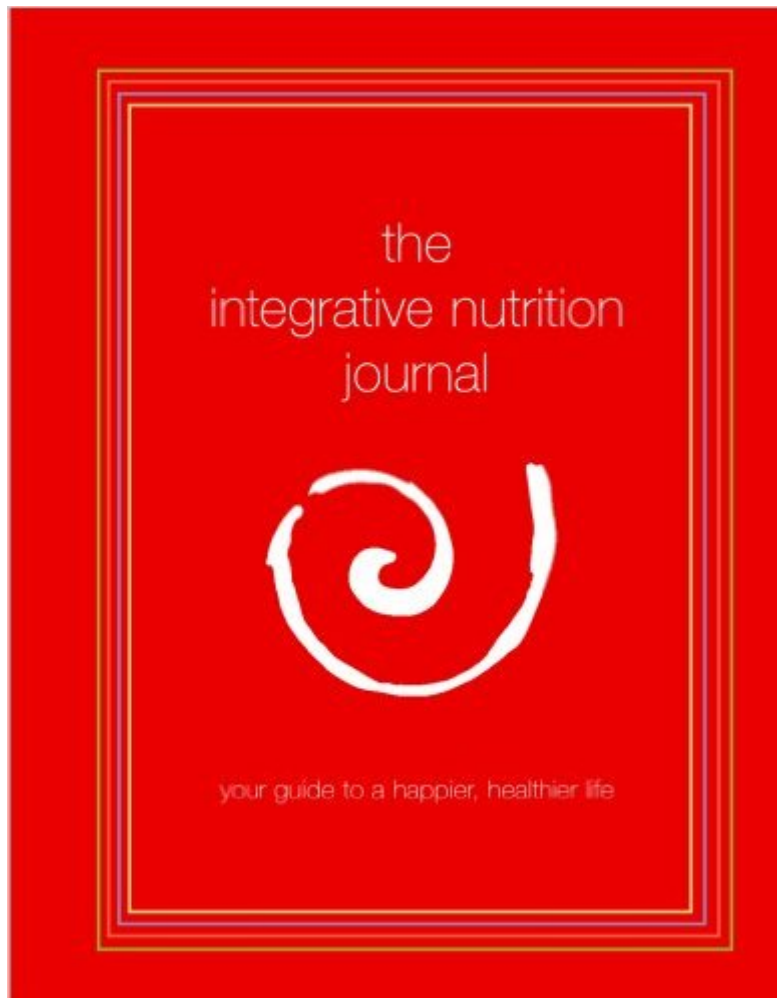


The book was found

The Integrative Nutrition Journal



Synopsis

This 3-month daily journal will help you and achieve your wellness goals. Record what you ate, how you feel, the choices that did and did not serve and support you, and discover which lifestyle and food choices are right for you. Deconstruct your health concerns and learn to make choices that make you feel your most vibrant

Book Information

Spiral-bound: 350 pages

Publisher: Integrative Nutrition Publishing; 1st edition (June 15, 2006)

Language: English

ISBN-10: 0977302512

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Product Dimensions: 9.1 x 7.4 x 0.8 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (19 customer reviews)

Best Sellers Rank: #562,225 in Books (See Top 100 in Books) #589 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #3555 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

For me, this journal took the concepts of a food diary and a personal journal and brought them together to really create a whole health and personal growth tool. I love the Circle of Life exercise and the Wish List. I also really like the approach of beginning each day with gratitude and intention and ending each day with a loving thought. Overall, this journal has inspired me to keep in closer touch with my choices and my goals without the boredom I typically encounter when I attempt to keep a "food diary".

I am a student of IIN and love the journal format so much that I continue to use it well past the first 3 months. I am nearly finished with the second and expect to buy a third one and maybe a fourth! A great way to keep track of one's progress in health matters and serves as food journal as well.

This journal hits all the topics ranging from gratitude and your daily goals to what you ate and how you feel. It is the perfect journal to get grounded and stay on task as well as implementing a daily practice of gratitude. Every week there are weekly check-in pages and guided exercises too. It truly is a wonderful tool, I have shown several people and they too think it is great! Hat's off to Joshual

Rosenthal for developing this!

The Integrative Nutrition Journal offers many different perspectives for self-evaluation and discovery. It guides the journal-er through food and lifestyle issues leading to a greater understanding of what is important in his/her life and where the individual stands in relationship to those values. It provides a means of setting intentions to achieve one's goals. I highly recommend the book for anyone desiring to make a healthy commitment to the future.

the spiral binding isn't great - one of my copies was squished. i have bought a few of these for clients, as i'm not a huge journaling kind of person. if someone is into journaling, this is great. if not, then don't bother. for example, of the 3 clients i've bought this for, 2 of the books have been returned to me due to a lack of interest. but that's just personal preference, i guess. it really is good for what it is.

This is a great book to help bring more positivity into your life. It would be more helpful if there was an actual food log section. They ask if you've eaten certain foods but it would be easier if it was organized by meal lists.

The Integrative Nutrition Journal I am so pleased to write a review about the Integrative Nutrition Journal by Joshua Rosenthal, a guide to a happier, healthier life. I am a Holistic Health Nurse in private practice and I also am currently a student at the Institute for Integrative Nutrition (a coursework I would highly recommend for all people who want to be well and feel more joy in their life). The journal is an excellent vehicle to express your inner feelings as they relate to nourishing yourSelf, body, mind, and spirit. It is a wonderful template to access those things that are paramount to health and healing. I highly recommend you buy one for yourself and one for your best friend, now! Shine On, Donna Cetroni

So long as you are disciplined, this is a great tool. I'm in the habit of writing diaries and journals etc so I usually remember to use it daily. I find it to be a useful prompt, it makes me think about how I'm feeling, what I'm grateful for, what my goals are and what I need to do to keep my life in balance...on a daily basis. Particularly useful if you are trying to encourage a shift of some sort in your life, this journal can act as an honest friend and help you come to some realisations about your lifestyle and what is/isn't working for you.

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