



# Days of our Lives Better Living: Cast Secrets for a Healthier, Balanced Life

*Greg Meng, Eddie Campbell*

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Visit [www.betterlivingtv.com](http://www.betterlivingtv.com) for more information, and connect with the cast on Facebook at [www.facebook.com/betterlivingtvdaysofourlives](http://www.facebook.com/betterlivingtvdaysofourlives).

The word "balanced" has been defined as "possessing good judgment, well-grounded, wise." Most of all, having balance in your life equates to having a satisfying and rewarding existence. The lavishly illustrated *Days of our Lives Better Living* reaches into the private lives of the beautiful cast members and reveals some of their "secrets" for how they have managed to create unique, balanced lifestyles that allow them to look and feel their best anytime, anywhere.

The five sections of this inspiring book-Nutrition, Exercise, Style, Inspiration and Balance-are packed with full-color photos, recipes, stories and valuable advice from current and former cast members on various aspects of their lives.

"Fashion truly is my passion! I love the expression of it. Don't be afraid to go with bold accessories. They can make or break an outfit."-Lisa Rinna

"Growing my own fruits and vegetables is the most effective way I have improved the meals that land on my table."-Deirdre Hall

Discover how to...

- Get energized with the Brazilian Bombshell Smoothie
- Switch up your boring gym routine with dance, martial arts, hiking and more
- Master the secret of layering clothing and accessories to polish your personal style
- Accept "the middle path"-and learn to let stress go
- Do what you love without feeling guilty
- And much more!

Whether you are interested in discovering the secrets of your favorite current and former cast members (including Deirdre Hall, Molly Burnett, Suzanne Rogers, Eric Martsof, Galen Gering, James Scott, Austin Peck, Kristian Alfonso, Lauren Koslow, and more!) or looking for tips and tricks to improve your own lifestyle, *Days of our Lives Better Living* shows that healthy change is attainable and offers fun and easy ways to help you lead a happy, fulfilling life.

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### **From reader reviews:**

#### **Judith Rayl:**

The reason why? Because this Days of our Lives Better Living: Cast Secrets for a Healthier, Balanced Life is an unordinary book that the inside of the e-book waiting for you to snap the item but latter it will zap you with the secret that inside. Reading this book beside it was fantastic author who have write the book in such incredible way makes the content interior easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of positive aspects than the other book have such as help improving your skill and your critical thinking method. So , still want to hold up having that book? If I were you I will go to the guide store hurriedly.

#### **Dawn Hicks:**

As we know that book is essential thing to add our information for everything. By a book we can know everything we want. A book is a group of written, printed, illustrated or even blank sheet. Every year has been exactly added. This guide Days of our Lives Better Living: Cast Secrets for a Healthier, Balanced Life was filled in relation to science. Spend your extra time to add your knowledge about your scientific disciplines competence. Some people has distinct feel when they reading some sort of book. If you know how big selling point of a book, you can really feel enjoy to read a reserve. In the modern era like currently, many ways to get book which you wanted.

#### **Julia Hale:**

As a student exactly feel bored for you to reading. If their teacher requested them to go to the library or make summary for some publication, they are complained. Just little students that has reading's heart or real their pastime. They just do what the professor want, like asked to the library. They go to there but nothing reading critically. Any students feel that reading is not important, boring along with can't see colorful photographs on there. Yeah, it is to become complicated. Book is very important for you personally. As we know that on this period, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. So , this Days of our Lives Better Living: Cast Secrets for a Healthier, Balanced Life can make you sense more interested to read.

#### **Renee Middleton:**

A number of people said that they feel fed up when they reading a publication. They are directly felt it when they get a half parts of the book. You can choose the book Days of our Lives Better Living: Cast Secrets for a Healthier, Balanced Life to make your own reading is interesting. Your own personal skill of reading proficiency is developing when you like reading. Try to choose very simple book to make you enjoy you just read it and mingle the feeling about book and reading through especially. It is to be very first opinion for you to like to open a book and go through it. Beside that the publication Days of our Lives Better Living: Cast

Secrets for a Healthier, Balanced Life can to be a newly purchased friend when you're experience alone and confuse in doing what must you're doing of that time.

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