



Making Everything Easier!™

# Healthy Mind & Body

ALL-IN-ONE

# FOR DUMMIES®

**8** BOOKS  
**IN 1**

- Nutrition
- The GL Diet
- Fitness
- Yoga
- Pilates
- Stress Management
- Overcoming Anxiety
- Overcoming Depression

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# Healthy Mind & Body All-in-One For Dummies®

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# ***Healthy Mind & Body For Dummies®***

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**Sue Baic** is a Lecturer in Nutrition and Public Health in the Department of Exercise and Health Sciences at Bristol University. She has a first degree from Bristol University followed by a Master of Science in Human Nutrition from London University. Sue is a Registered Dietitian (RD) with over 15 years' experience in the field of nutrition and health in the NHS and as a freelance consultant. She feels strongly about providing nutrition information to the public that is evidence-based, up to date, unbiased and reliable.

As a member of the public relations committee of the British Dietetic Association she has written for the media on a variety of nutrition-related health issues. Sue lives in Bristol and spends her spare time running up and down hills in the Cotswolds in an attempt to get fit.

Sue is the co-author of *Nutrition For Dummies* and *The GL Diet For Dummies*.

**Gillian Burn** has been working in the field of mind and body health for over 25 years. Her background covers nursing, midwifery and health visiting, including experience with the Flying Doctor Service in the Australian outback.

Gillian has an MSc in Exercise and Health and is a qualified master practitioner in Neuro-Linguistic Programming, time line therapy and in creating healthy environments. She is a licensed instructor for Mind Mapping techniques and speed reading with Tony Buzan, and a licensed instructor in Body Control Pilates with the Body Control Pilates Academy.

Gillian is the Director of Health Circles Ltd ([www.healthcircles.co.uk](http://www.healthcircles.co.uk)), providing training programmes