



# Busy Mom's Cheat Sheet: Raising Happy Healthy Kids

*Lilly Cadoch*

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## **Busy Mom's Cheat Sheet: Raising Happy Healthy Kids** Lilly Cadoch

Finally – a book that makes it easy to understand how to feed your kids body, mind and spirit for ultimate health and happiness! - Do you have the desire to feed your kids healthy food but don't know where to begin? - Are you a modern parent struggling to find balance for your children in a busy lifestyle? - Do you worry that your kids may not have all the necessary tools to reach their full potential? Then this book is for you! In this book you will learn how to teach your children to: - Make healthier food choices including 18 tips for foods to avoid - Have a battle-free and enriching bedtime routine - Integrate regular exercise into your kid's weekly schedule - Incorporate time management skills to allow more free time - Reprogram their minds for success to handle life's inevitable challenges - Includes 45 bonus recipes that are easy, quick and delicious! Lilly Cadoch, award-winning author, certified health coach and mother of two boys, explains in a simple and understandable way, body, mind and spiritual lessons to teach your kids. She learned these lessons the hard way over many years and vowed to change that when she had her children. After witnessing first-hand the tremendous results this has had in her family, she wrote this book to share these lessons with all caregivers and their children. This book is a quick guide aimed at simplifying a lot of information into a very accessible and easy to understand way. Busy Mom's Cheat Sheet won two finalist awards in the family/parenting category at the 2016 Next Generation Indie Book Awards and 2016 Readers' Favorite International Award Contest. For more information visit [www.BusyMomsCheatSheet.com](http://www.BusyMomsCheatSheet.com)

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