

# **Eat Yourself Super One Bite At A Time: A Superfoods Journey For The Happy, Healthy, And Hungry By Todd J. Pesek**

**By Todd J. Pesek**

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she applied her science background to understanding why the diet was a healthy one. Dr. Todd Pesek's 2 p.m Journey for the Happy, Healthy and Hungry!"

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Todd J. Pesek, M.D. is a holistic Eat Yourself Super One Bite at a Time: A Superfoods Journey for the Happy, Healthy, and Hungry.

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