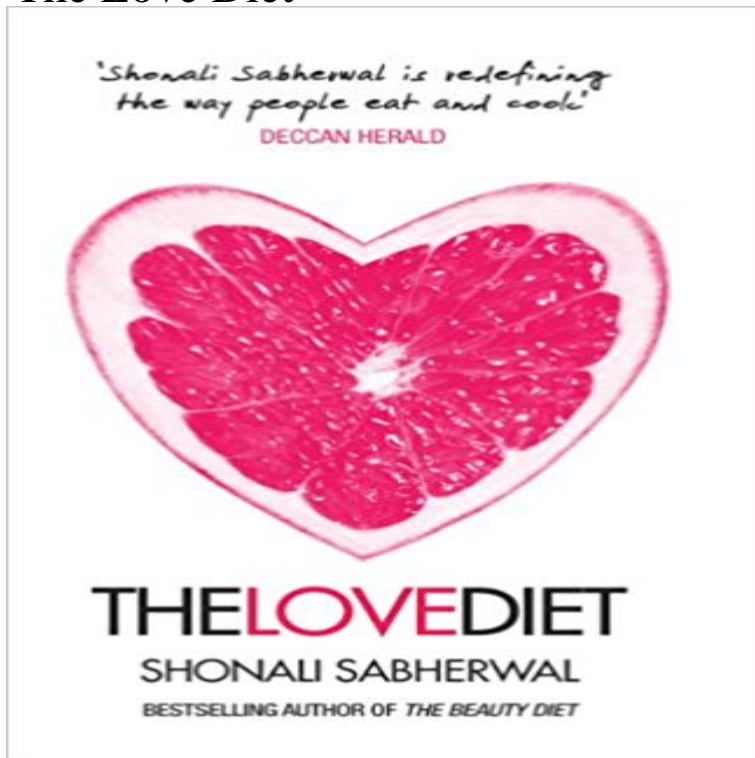


## The Love Diet



Can foods really affect your moods? Can they also boost your sex life? From the author of *The Beauty Diet* comes a unique book designed to cultivate love and improve health and vitality for a happy and blissful life. In *The Love Diet*, Shonali Sabherwal, India's leading nutritionist, presents a refreshing approach to eating by sharing: Food secrets that can make you more caring, loving, and giving. Tips to enhance sexual appetite in men and women. Magical food and lifestyle factors needed for better sex and specific food plans and recipes. With insightful notes from clients and expert practitioners, *The Love Diet* is your go-to book for advice and solutions on how to feel happy and sexy.

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