



Eat Healthy, Feel Great

By William Sears, Martha Sears, Christie Watts Kelly

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From the creators of the acclaimed Sears Parenting Library comes a handbook that gives kids the tools to make their own wise food choices. Includes quick and easy recipes. Full color.

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Editorial Review

About the Author

William Sears received his pediatric training at Harvard Medical School's Children's Hospital and Toronto's Hospital for Sick Children. He has practiced pediatrics for nearly thirty years and is associate clinical professor of pediatrics at the University of California School of Medicine, Irvine. Martha Sears is a registered nurse and a parenting and breastfeeding consultant. Together the Searses have authored eleven books on parenting, childcare, and nutrition. Christie Watts Kelly has a degree in elementary education from the University of Memphis. Now a freelance writer and editor, she teaches prenatal yoga and is cofounder of the Memphis chapter of Attachment Parenting International. Renee Andriani is a graduate of the Rhode Island School of Design. In addition to illustrating the Sears Children's Library series and other books for children, she illustrates magazines and greeting cards.

Users Review

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