

Life Balance Donna Hay

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[Life in Balance: Amazon.co.uk: Donna Hay: 9781460750322: Books](#)

Donna Hay is an Australian food stylist, author, and magazine editor. Her food, recipes and styling focuses on basic ingredients, simply prepared and beautifully photographed hallmarks of her work which have set the benchmark for food publishing worldwide and inspired a Librarian Note: There is more than one author in the GoodReads database with this name.

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Australia's most trusted home cook is celebrating a fresher approach to eating. These days we're bombarded with so many messages about what to eat more of and what to eat less of and what to give up altogether, it can all get a little confusing and, let's face it, overwhelming. When there are so ma

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Donna Hay is a household name. She is editor-in-chief of her own magazine (that's reached more than 730,000 readers) with a digital version that's been the number one of its kind in Australia. In addition, her food range is stocked in supermarkets nationally. She is also the working mum of two beautiful boys.

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Life in Balance by Donna Hay. Paperback Edition Hand Signed by Donna Hay to the End Paper New & Unread. Australia's most trusted home cook is celebrating a fresher approach to eating.

[Life in Balance by Donna Hay - Cole's Books](#)

I've been a fan of Donna Hay for a long time. I like her fresh approach to food, her simple recipes and the gorgeous food styling and photography. Her new book 'Life in Balance' is a cook book that uses wholefood ingredients and aims to provide healthier recipe ideas from breakfast through to dinner, as well as a few sweet treats and desserts. Donna Hay isn't into food rules or diets, and I love that about her.

['Life in Balance' by Donna Hay - a review - Eat Well NZ](#)

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LIFE IN BALANCE is about embracing food and all its benefits. Each chapter, from breakfast to baking, has simple recipes enriched with nature's superfoods - think leafy greens, bright fresh berries, creamy nuts and nourishing grains. Plus, I've profiled all my power pantry staples for you, like chia seeds, coconut sugar and raw cacao.

[Life in Balance: Donna Hay: 9781460750322: Telegraph bookshop](#)

In Australia, her recent books have dominated the bestseller charts, with Fresh and Light (2012) selling 202,000, The New Classics (2013) selling 160,000, Life in Balance (2015) selling 114,000 and Basics to Brilliance (2016) selling 106,000 copies to date. Donna Hay is a household name. She is editor-in-chief of her own magazine (that's reached more than 730,000 readers) with a digital version that's been the number one of its kind in Australia.

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When there are so many passing fads and extreme diets out there, it's a relief to turn to a voice of reason, Australia's bestselling and most trusted cook, Donna Hay, for a realistic, sustainable and more balanced approach to fresher, healthier eating.

[Life in Balance :HarperCollins Australia](#)

About the Author At the age of eight, Donna Hay skipped into a kitchen, picked up a mixing bowl and never looked back. She moved to the world of magazine test kitchens and publishing, where she established her trademark style of simple, smart and seasonal recipes all beautifully put together and photographed.