

# 2023 NONFICTION BOOK AWARDS



**Dr. Galit Goldfarb**

***The Ideal Diet For Humans: Nourish Your Body for Optimal Health, Peak Performance, & Longevity: A Science-Based Guide to Human Nutritional Needs***

**PUBLISHER: PREDICTED ACHIEVEMENT**

**CATEGORY: NUTRITION**

*Stephanie Chandler*

STEPHANIE CHANDLER

