

Raising Resilience

Take the stress out of feeding your family and love your life

Publisher's Note

Raising Resilience is chock full of helpful, cutting-edge insights and recommendations you can use immediately. When you want to delve a little deeper Jess Sherman provides that as well, to help us fully comprehend the critical impact and importance of our family's nutrition and our approach to it.

As we comprehend the basics of any topic more questions often arise, taking us on a journey of wanting to learn more, especially when it comes to caring for our children. Author, Jess Sherman has gone above and beyond in *Raising Resilience*, generously sharing the benefits of her tireless study, committed research, and passion for living life with great health and vitality, and helping us do the same.

She uniquely understands how busy and sometimes challenging it can be raising a young family and has taken this into consideration in every single bit of knowledge, advice, and recipes she imparts.

Whether you need quick go-to notes and tips for feeding your family or a high level resource book, you will find it in *Raising Resilience*—and you will absolutely love having it all in one place.

It's been a joy to work with Jess and partner with her to bring *Raising Resilience* to life. We greatly admire her exceptional conscientiousness, and know that the ripple effect of this work will be solid and long-lasting.

Sheri Andrunyk
Publisher, Author, Speaker, Mentor
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Committed to Quality Content, Design, and Platform

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