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HEALTH & WELLNESS



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**November 2nd 2017: Perfectionism with Diane Sanfilippo**

In today's episode, we'll be chatting with Diane Sanfilippo, New York Times bestselling author of 'Practical Paleo' and creator of the '21 Day Sugar Detox', about perfectionism. We'll also talk with Health Coach, Chelsea Clark.



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### Featured Guests



#### Diane Sanfilippo

Diane Sanfilippo is the owner and founder of Balanced Bites, a certified Nutrition Consultant, and two-time New York Times bestselling author of Practical Paleo, The 21-Day Sugar Detox and co-author of Mediterranean Paleo Cooking.

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#### Chelsea Clark

Chelsea Clark received formal training in health and wellness coaching from the Maryland University of Integrative Health and the Institute for Integrative Nutrition.

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