



# **Dyslexic and Un-Stoppable The Cookbook: Revealing Our Secrets How Having Healthier Brains and Lifestyles Helps Us Overcome Dyslexia**

*Lucie M. Curtiss, Douglas C. Curtiss*

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"Dyslexic and Un-Stoppable The Cookbook: Revealing Our Secrets How Having Healthier Brains and Lifestyles Helps Us Overcome Dyslexia," shares nutritional facts and healthier recipes Lucie and Dr. Doug Curtiss have incorporated in their daily routine. "Dyslexic and Un-Stoppable The Cookbook" complements "Dyslexic AND UN-Stoppable: How Dyslexia Helps Us Create the Life of Our Dreams and How YOU Can Do It Too!," by identifying healthy, beneficial ingredients to improve the odds of overcoming dyslexia.

Lucie M. Curtiss, RN, and Dr. Douglas C. Curtiss, FAAP, are the co-founders of Dyslexic AND UN-Stoppable, LLC. Their mission is to empower dyslexic children to become UN-Stoppable and overcome dyslexia by rediscovering their inner power. They are here to remind dyslexics that they are SMART!

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