



Lua's Way: Ten Tips on Health and Well-Being for Mainlanders

Rico

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During a week-long sailing charter in the South Pacific—while hosting a zany second-chance romance reality show—an unassuming, laughter-loving, ukulele-playing chef from the Cook Islands imparts much good advice and wisdom on essential skills and behaviors for crafting a healthy, creative, productive life and maintaining balance and perspective when confronted with life's inevitable obstacles and challenges. In *LUA'S WAY*, fellow crewmate Rico presents chef Lua's recipe for right living: a toolkit of techniques and behaviors as natural and nutritious as any of her delightful culinary creations. In his other books, Rico tells the story of the reality-show adventure aboard *Kalea (LUA'S UKULELE)* and summarizes—in a (coco)nutshell, if you will—the global transition we must make from an empty-world 'mainland culture' to a full-world 'island culture' (*THE ISLANDER KNOWS*). Both books are available at IslandersAll.com and at your local bookstore—shop local!

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