

# Imperfection

## Uperfekt

by Christian Bitz



### SPECIFICATIONS

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Are you dreaming of healthy eating habits, long runs in the woods, well-behaved children you have time and energy to be with? Are you dreaming of the perfect life? Then you might as well stop ... because as the author puts it: how wonderful is it really to be absolutely perfect? *Imperfection* does away with the myth of the perfect life and offers a realistic guide to a life without guilt and unattainable goals.

Christian Bitz pinpoints some of the most obvious questions that do not necessarily come with obvious answers: What is health? How healthy would you like to be? How to get started? And then, once and for all, he tells you how to keep your spirits up, reach your goals and to be happy being imperfect! He provides an honest insight into his life and describes how he himself struggles to balance work, privacy and “skyr” – the Icelandic product which all nutritionists recommend these days. And he explains why and how he himself prioritizes health, but at the same time keeps scores, so nothing is off-limits.

**Christian Bitz** (born 1977) has a Masters of Science in Human Nutrition (cand.scient.) and is a known figure in the media, including as house nutritionist on the programme ‘Good Morning Denmark’ at the TV2 television channel. He is Head of Research at Herlev Hospital, author of the bestsellers *Bitz Your Health* and *Bitz Your Kitchen*, and is a popular lecturer in Denmark with his messages of motivation and a realistic approach to health. Christian Bitz has won a number of prizes, amongst others as Innovator of the Year in 2011.

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