

Live Look Feel: The 12-Week Guide to Live Longer, Look Younger Feel Better! (Paperback)



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Reviews

Here is the finest publication we have read right up until now. It is actually written in easy words instead of difficult to understand. Its been written in an remarkably easy way in fact it is only right after i finished reading this book in which basically changed me, modify the way i really believe.

(Prof. Vanessa Smitham V)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Transform your life in just twelve weeks with author Jay Bradley s inspiring new book LIVE, LOOK, FEEL. Growing up in a small Canadian town, Jay struggled with a myriad of health issues-asthma, allergies, depression, and a serious lack of self-esteem-which all seemed like major roadblocks sure to prevent him from achieving his dream of living and working in Hollywood. But Jay found a way to make that dream become a reality, going on to enjoy a career as an international model, actor, and television host. Now he wants to share his secrets with you through this interactive workbook that focuses on anti-aging, healthy lifestyles, physical wellness, and healing-both inside and out. Through it all you ll learn more about Jay s inspirational journey.and become motivated to make significant changes in your own life. It is possible to take charge of our own destinies, and Jay wants to help make that possible by showing you how to LIVE longer, LOOK younger, and FEEL better! A comprehensive look at what makes our bodies and minds tick-and how to keep them younger for longer-LIVE, LOOK, FEEL can help you start improving yourself in every way.today!.



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