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HEALTHIN12 - 2015: 12 WEEKS TO A HEALTHIER YOU!



On Demand Publishing, LLC-Create Space, 2015. Paperback Book Condition New. 279 x 216 mm. Language: English. Brand New Book ***** Print on Demand *****. Are you trying to lose weight? Become healthier? Then this workbook is for you! It is interactive and will help you develop new habits for life! Healthin12 is a 12-week, life changing workbook. You will be guided to changing your daily habits for life long health. Healthin12 was written by Susan Drake, Registered Dietitian/Nutritionist who has over...

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- Authored by Susan Drake
- Released at 2015



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