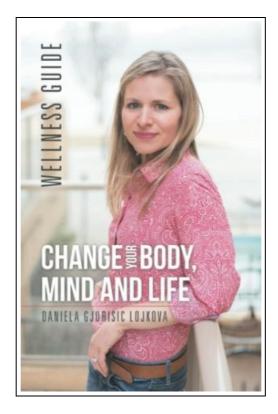
Change Your Body, Mind and Life: Wellness Guide (Paperback)



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Reviews

This is the greatest book we have read through till now. It is probably the most amazing book we have go through. I am just happy to tell you that here is the greatest book we have read through during my individual daily life and may be he best ebook for possibly. (Eliseo Leffler)

CHANGE YOUR BODY, MIND AND LIFE: WELLNESS GUIDE (PAPERBACK)



Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand *****. Now you can learn how to optimize your nutrition, exercise, and thinking to become a successful, beautiful, slim, fit, healthy, and happy person. In Change Your Body, Mind and Life, Daniela combines fifteen years of her wellness-coaching experience; knowledge; education; work with fitness and wellness experts, nutritionists, and natural healers; and her own journey into one particular ten-step guide for a holistic and successful lifestyle change, healthy weight loss, and mental and physical fitness. Her program is targeted primarily at the body and mind but also touches the spirit because everything is connected to everything else! Step by step, you will learn how to speed up your metabolism, begin to reduce body fat, change body composition, and heal, restore, and rebalance yourself. You will also learn how to increase your energy and fitness level as well as your creativity and intuition. With this simple wellness guide, you will begin major changes in your body, mind, and life, which will bring you many other benefits. Stress, joint pains, abdominal pain, back pain, allergies, migraine, high cholesterol, and similar inconveniences will gradually migrate or completely disappear. You will again feel young, physically and mentally. In this book, you will learn the following: --How to achieve balance --Rules to gain your order and discipline --Rules to master your nutrition and shopping list --Rules to master your exercise and fitness schedule --Rules to master your thoughts --How to calculate your optimum body weight --How to do body measurements --How to set the deadline by which you will lose weight --How to face fear --How to do your very best So here we are at the beginning of your new, beautiful, fit, healthy, and happy life. Take a...



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