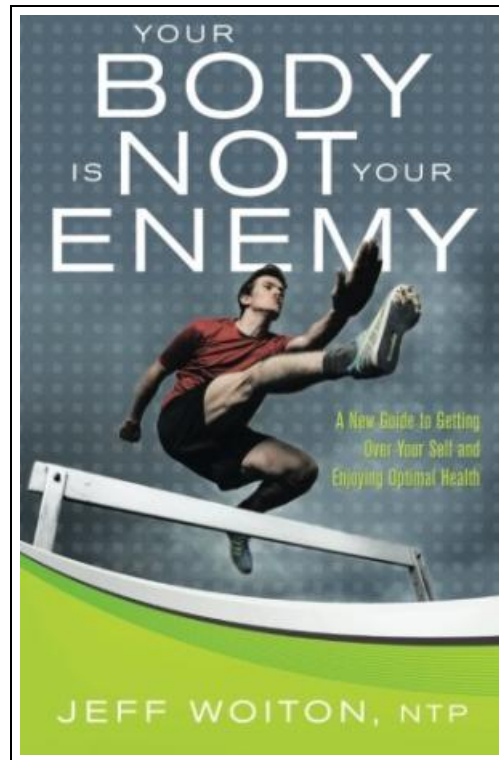


Your Body Is Not Your Enemy: A New Guide to Getting Over Your Self and Enjoying Optimal Health (Paperback)



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Reviews

Simply no terms to clarify. It is actually loaded with knowledge and wisdom I am just delighted to let you know that this is the very best publication i have got read through during my individual lifestyle and could be he very best pdf for actually.
(Mr. Caleb Quigley MD)

YOUR BODY IS NOT YOUR ENEMY: A NEW GUIDE TO GETTING OVER YOUR SELF AND ENJOYING OPTIMAL HEALTH (PAPERBACK)



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Balboa Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Have you ever asked yourself why you can't seem to be the person you imagine yourself to be? Do you find yourself making the same bad choices repeatedly without knowing why? Are you fed up with having too much weight and not enough energy? Do you think that this is all life has to offer you? There's great news! Change is possible, and you are the one who can make it happen. In this book, you will learn the secret of getting over your self to get out of your own way and stop being your body's worst enemy. With just a little effort and a lot of self-love, you can end decades of self-harm and begin a new life of enjoying optimal health. Just as a hatchling pecks away at the shell that confines it and prevents it from further growth, so must we destroy and discard the shell that's kept us inside our old ways of thinking so we can create whole universes of possibility. Getting over your self opens up new pathways for empowerment, ultimately creating a new life that greatly surpasses the predictable.



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