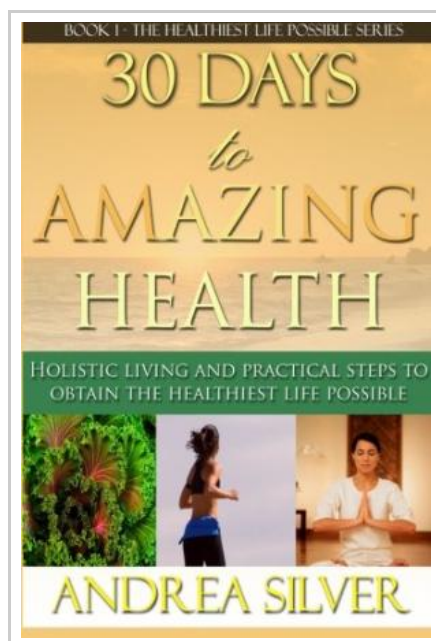




30 Days to Amazing Health: Holistic Living and Practical Steps to Obtain the Healthiest Life Possible (Paperback)

By Andrea Silver

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.ARE YOU READY TO COMPLETELY CHANGE YOUR LIFE AND OBTAIN THE HEALTHIEST, HAPPIEST LIFE POSSIBLE? My name is Andrea and it is my job to make sure YOU live the healthiest life possible so that you can enjoy every moment you have on this planet without wasting your time, losing your energy, or falling into a negative, downward spiral. Come with me now and let s take this journey together. Are you tired of. Constant low energy levels? Poor performance at work? Intermittent bouts of depression? Periodic weight gain? The feeling of being in a downward spiral in your life, health and career that just keeps getting worse? Confusion about what exercises to perform at the gym to boost mood, energy levels and burn calories? 30 Days to Amazing Health is a month-long program to revitalize your health and wellness, using a combination of holistic healing ideas, exercise techniques and cutting edge dietary principles so that you can pull your life, health, and desires in life to the forefront with powerful new strategies from a veteran life and...



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