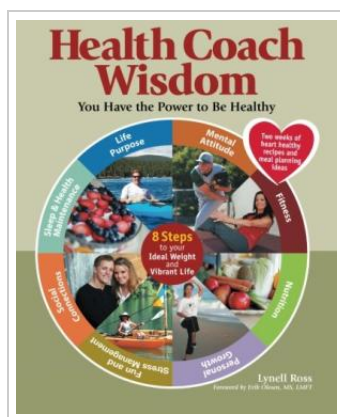



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Health Coach Wisdom: You Have the Power to Be Healthy (Paperback)

By Lynell Ross

Balboa Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You Have the Power to Be Healthy You have the power to prevent heart disease, type 2 diabetes and certain cancers. You can take control and start living a healthy life today! This is a simple guide with easy answers on how to eat nutritious meals that fuel your mind and body, how to get functionally fit to prevent injury, and how to find peace of mind so you can enjoy each day fully and sleep soundly at night. Health Coach Wisdom reveals natural ways to help you lose weight, get fit and feel great. It is your step by step action plan to making simple changes with a big impact. If you want to move from surviving to thriving, you can get started creating your own healthy lifestyle today. In Health Coach Wisdom, you will discover how easy it is to: Reach and maintain your healthy weight without dieting Weave in fitness throughout your day Control your hunger by balancing your blood sugar Lower stress, improve your mood and sleep better Reduce and reverse the signs of aging Reduce your risk...



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