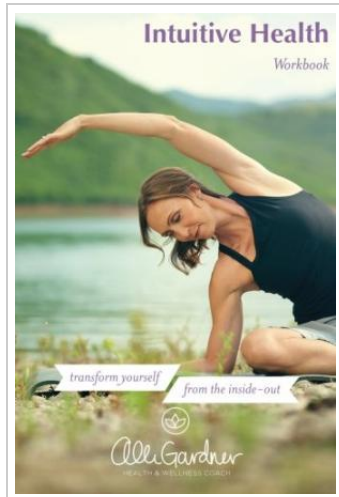




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Intuitive Health Workbook (Paperback)

By Alli Gardner

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Intuitive Health Workbook accompanies the book, Intuitive Health: Transform Yourself From The Inside Out. The workbook contains 11 worksheets to discover your path to health and to figure out what foods and healthy habits work best for you. It also include blank journal pages to log your transformation. A person with health has many goals, but a person without health has but one. We all have our own definition of what it means to be healthy. We have different needs, goals and desires. Therefore, we should have our own roadmap to achieve health. Great health is about living your life to its fullest; in harmony with your values and life purpose, not just mastering nutrition and exercise. Health and happiness are not about being perfect. Transform yourself from the inside out by learning: -Why you want to improve your health; -What is preventing you from being healthy; -How you are going to makes changes; -Details about nutrition and lifestyle. You are amazing! You deserve to live the life you dream about. Listen to your inner voice and improve your...



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