



More Than Your Workout: Deconstruct Your Cravings Wake Up Your Body s Natural Weight Loss System (Paperback)

By Stefanie Mori

Promoting Natural Health, LLC, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.We ve all read it, self-care IS the new health care, which is nice, but how does one go about getting there? Do you remember the last time you really put your needs first? Are we really taking good care of our most important asset, ourselves? Finally, a health and wellness book that s more than just a strict exercise program or a boring list of foods you can and can t eat! More Than Your Workout is a powerful guidebook to help you better understand and sort through your biggest cravings, prioritize your body s needs, and unlock the secrets to your body s natural weight loss system. In this book, author and health coach, Stefanie Mori, will teach you how to: - Create a personalized self-care system that works for you, even with a busy schedule. - Lose weight naturally-no diet pills or crazy strict food system. - Deconstruct even the most intense cravings. - Love your body and yourself. - Live a fulfilling and passionate life. More Than Your Workout will provide...



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This created publication is wonderful. it absolutely was writtern extremely completely and beneficial. I discovered this publication from my dad and i encouraged this publication to discover.

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This book will be worth purchasing. This is for anyone who statte that there had not been a worthy of looking at. Your daily life span will likely be convert when you total looking over this ebook.

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