

A Healthier You!: 101 Powerful Tips for a Fitter, Healthier You! (Paperback)



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(Lennie Renner)

A HEALTHIER YOU!: 101 POWERFUL TIPS FOR A FITTER, HEALTHIER YOU! (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This Guide Will Show You Easy Ways To Become A Healthier You -- No Fluff, No Fillers.Only Useful Techniques You Can Start Using Today! A Healthier You consists of 101 powerful tips on health and fitness that are easy to read, easy to implement, and straight to the point. Take a look at what's inside! The most important rule to getting fit and healthy. Don't miss this tip! Why you should never skip breakfast. Believe it or not, you'll actually lose weight by eating breakfast. How to use the power of relaxation to your advantage. Don't avoid carbs. People will tell you to avoid carbs, but did you know there's good and bad carbs? This tip will explain. How eating 5 to 6 meals a day will assist you in your weight control program. How to control your cravings so you don't end up eating unhealthy foods and drinks. This technique will show you how to stop those temptations. How to maintain a positive attitude regardless of the situation you're in. This is a very important step to achieving your goals. Relaxation by meditating and breathing. How stretching relaxes your mind, body, and spirit. + much, much more! Pick up your copy today!.



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