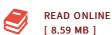




Lighten Up!: The Authentic and Fun Way to Lose Your Weight and Your Worries

By Laroche Lorett

Hay House India, 2010. Softcover. Book Condition: New. Loretta LaRoche is sick to death of diets and diet books. Not a day goes by without an article appearing in the media that reveals some food that could be harmful or helpful to our health. Food has become either demonic or divine. We?ve forgotten how to be in ?right relationship? with one of the greatest pleasures we have in life: eating. As a result, we?re fatter than ever and more stressed out about being fat! In this humorous and informative book, Loretta cuts through the nonsense, disclosing the wisdom she has accumulated from ?having gained and lost a tribe of people.? She also shares her expertise as an international stress consultant, former aerobics instructor, and owner of a wellness center. Her eight surprising secrets for reducing weight and stress might surprise you as she leads you down the path of learning to eat well, moving with joy, and living a more balanced life. Her greatest promise is that you will get into shape . . . and have fun while you?re doing it! Printed Pages: 181.



Reviews

This is an remarkable publication that I have ever read. Indeed, it is actually engage in, nevertheless an interesting and amazing literature. I am just happy to inform you that this is the best publication i have got go through during my personal lifestyle and may be he finest ebook for actually.

-- Toby Baumbach

A very great pdf with lucid and perfect explanations. It really is rally interesting throgh reading time period. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about in the event you question me).

-- Keshaun Schneider