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Lifedetox: Clear physical and emotional toxins from your body and your life (Paperback)

By Amanda Hamilton, Sandy Newbigging

Little, Brown Book Group, United Kingdom, 2007. Paperback. Condition: New. Language: English . Brand New Book. An indispensable original detox guide for your body and your mind. Life Detox introduces you to a world of perfect health, mental clarity and feeling and looking great. This life-changing book reveals a 7-day programme which will help you to lose weight, banish cellulite, overcome ailments, and achieve optimum vitality and a sense of wellbeing. World leading detox experts Amanda Hamilton and Sandy Newbigging explain* How bodies become toxic* Why the key to a successful detox is to combine a body-focused programme with powerful mental techniques to overcome stress and release emotional blocks. The 7-day detox way to lose weight and look fantastic* How to change the way you think and feel, and banish toxins from your body. The book guides you through a step-by-step mind-body detox programme that is both effective and long-lasting. Amanda provides a 7-day cleanse and an easy-to-follow maintenance diet while Sandy gives you simple tools to help you to release your mental and emotional toxins too. This is a detox which will change the way you live your life forever. You will quickly feel healthier and happier, and look...



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