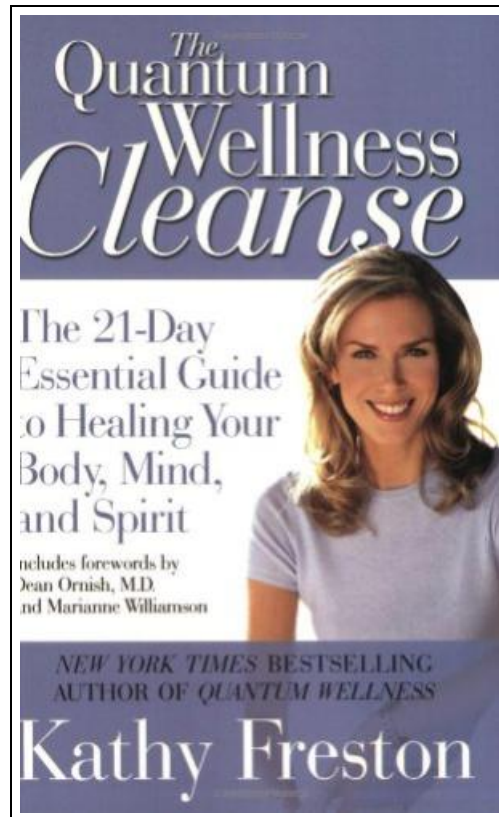


The Quantum Wellness Cleanse: The 21-Day Essential Guide to Healing Your Body, Mind, and Spirit



Filesize: 6.5 MB

Reviews

Merely no phrases to describe. It really is rally intriguing throug reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.

(Kattie Wunsch)

THE QUANTUM WELLNESS CLEANSE: THE 21-DAY ESSENTIAL GUIDE TO HEALING YOUR BODY, MIND, AND SPIRIT



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Weinstein Books. Paperback. Condition: New. 320 pages. Dimensions: 7.9in. x 5.2in. x 0.9in. Kathy Frestons appearance on The Oprah Winfrey Show prompted Oprah to commit to the 21-day cleanse featured in Quantum Wellness, creating an instant bestseller and a national trend. During her 21-day cleanse, Oprahs daily blog provided updates on her progress, intriguing millions of readers and creating a media frenzy. Now, with The Quantum Wellness Cleanse, Kathy Freston gives readers the tools they need to fully harness the 21-day cleanse and stay motivated. This easy-to-follow guide lays out a comprehensive plan to turn our lives around in each of the areas of body, mind, and spirit. By following an essential day-by-day map of what to eat, how to deal with the complex feelings that arise as we detox, and how to fully redirect our energy so our lives take on a fresh momentum, this indispensable companion offers recipes that can be mixed and matched, and answers all the questions that may arise so that we can forever change the course of our lives. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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