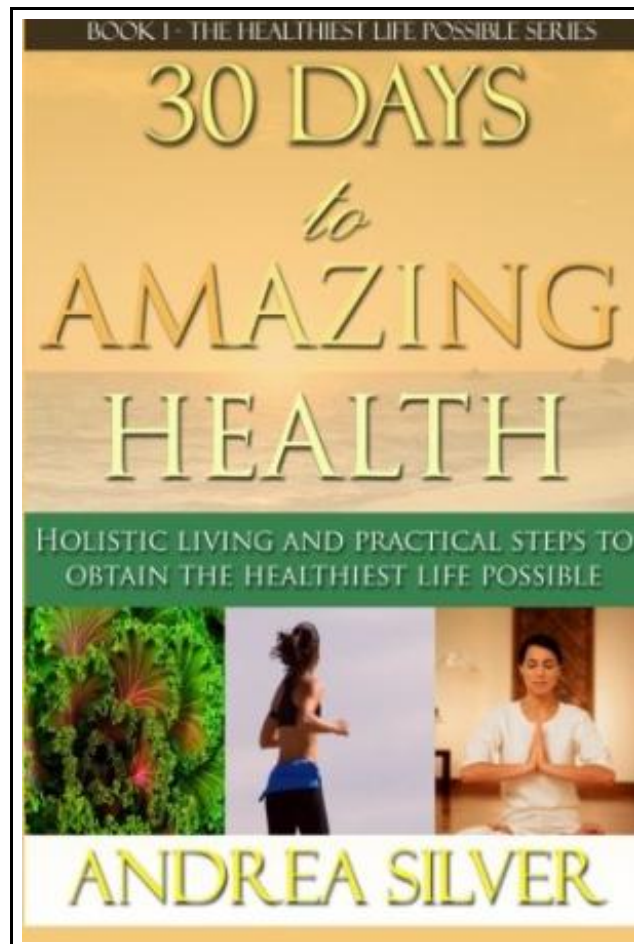


30 Days to Amazing Health: Holistic Living and Practical Steps to Obtain the Healthiest Life Possible



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Reviews

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(Prof. Corbin Hilll)

30 DAYS TO AMAZING HEALTH: HOLISTIC LIVING AND PRACTICAL STEPS TO OBTAIN THE HEALTHIEST LIFE POSSIBLE



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.ARE YOU READY TO COMPLETELY CHANGE YOUR LIFE AND OBTAIN THE HEALTHIEST, HAPPIEST LIFE POSSIBLE? My name is Andrea and it is my job to make sure YOU live the healthiest life possible so that you can enjoy every moment you have on this planet without wasting your time, losing your energy, or falling into a negative, downward spiral. Come with me now and let's take this journey together. Are you tired of. Constant low energy levels? Poor performance at work? Intermittent bouts of depression? Periodic weight gain? The feeling of being in a downward spiral in your life, health and career that just keeps getting worse? Confusion about what exercises to perform at the gym to boost mood, energy levels and burn calories? 30 Days to Amazing Health is a month-long program to revitalize your health and wellness, using a combination of holistic healing ideas, exercise techniques and cutting edge dietary principles so that you can pull your life, health, and desires in life to the forefront with powerful new strategies from a veteran life and fitness coach. The foundation of 30 Days is the concept of negative and positive vortices. What causes people's lives to enter downward spirals? This is what we have to avoid in life, and whether through meditation techniques, positive psychology, or simply disciplining yourself to get out of bed and get active, the secret to leading a healthy life involves making sure that you stay in an upward momentum. Do you know how to do this? It's one of the keys to a life of vitality versus a life of despair, so you cannot neglect this - it...



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