



90 Days to Holistic Wellness: Balancing Your Body, Mind, Heart and Soul

By Tracy Martorana

Balboa Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you ever notice that you don't feel energized and excited about life? That your body doesn't feel nourished and your mind is not engaged? Maybe you have thought about making some healthy changes to your lifestyle, but lack the motivation or don't know where to start? In 90 Days to Holistic Wellness, Tracy Martorana, a nutrition wellness consultant/herbalist will guide you on your way to a healthier, happier, and more fulfilling life. You will follow the process that Tracy uses with her clients, making small changes every week. These changes vary from nutrition, to journaling, to having fun. They are simple changes that anyone can manage, but they add up to a substantial benefit in just three months! Every week will focus on a specific topic and Tracy provides many ideas for improvement within each. Week after week you will build on these changes, allowing you to slowly build new habits and enjoy the positive benefits of these improvements. 90 Days to Holistic Wellness provides you with tools to set and track your goals,...



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