



A Woman's Body Balanced by Nature: Great Health for the Rest of Your Life

By Janet Maccaro

Creation House. Hardback. Book Condition: new. BRAND NEW, A Woman's Body Balanced by Nature: Great Health for the Rest of Your Life, Janet Maccaro, When a woman's body, mind, and spirit function in concert, she walks in abundant and divine health! That's the unique message of Janet Maccaro's book, in which she shows women how to achieve balance and stay free from anxiety, depression, worry, and physical maladies.

Designed to be interactive, A Woman's Body Balanced by Nature is written as a women's manual, with troubleshooting tips for hormonal health, beauty, weight control, relationship issues, and other issues women may encounter in life. The book will show women: Physical health screenings and seven systems for optimal health; Emotional health screenings and a self-evaluation on how their lifestyle affects their current state of health; where their body needs strengthening; what relationships are healthy, and which ones are draining and aging them faster than necessary. A Woman's Body Balanced by Nature will educate women for a balanced, vibrant life now!.



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