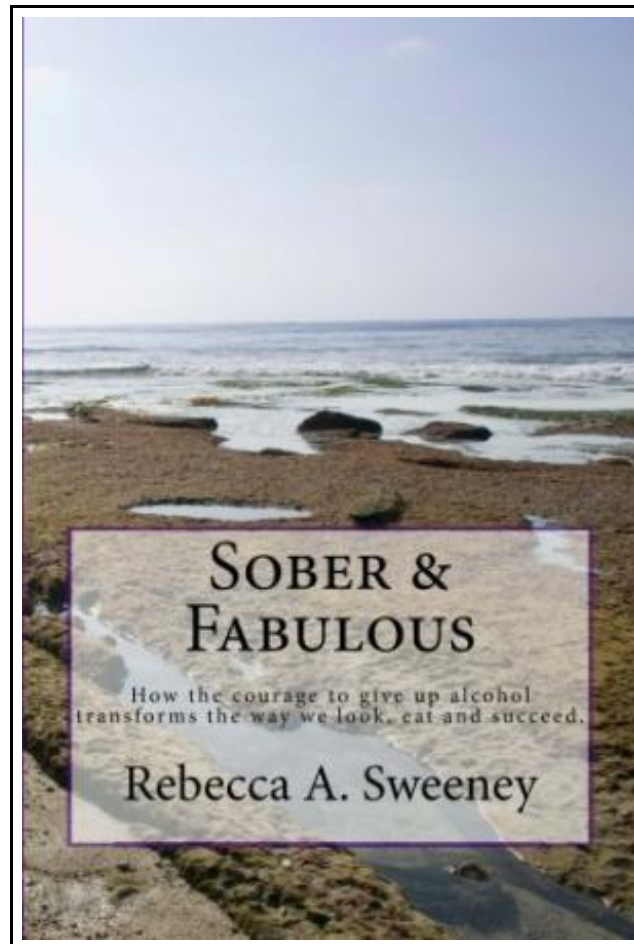


Sober Fabulous: How the Courage to Give Up Alcohol Transforms the Way We Look, Eat and Succeed.



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Reviews

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(Ms. Ora Buckridge)

SOBER FABULOUS: HOW THE COURAGE TO GIVE UP ALCOHOL TRANSFORMS THE WAY WE LOOK, EAT AND SUCCEED.



Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How the courage to give up alcohol transforms the way we look, eat and succeed. Take a journey into candid interviews with eight different people who all live their lives alcohol free. Health and wellness expert coach, Artist, Yogini and Mom of two, Rebecca Sweeney takes you into the private lives of recovered alcoholics, drug abusers and people who simply decided to live a clean life. A sober entrepreneur herself, Rebecca takes and teaches the reader through: -HOW TO LIVE AN EXCITING, MIND BLOWING FABULOUS LIFE -HOW TO LIVE WITH FABULOUS SUCCESS -HOW TO LOOK FABULOUS -WHY ALCOHOL IS A LIFE NUMB-ER -TOOLS, BREATH WORK AND MEDITATION -THE IMPORTANCE OF FITNESS -FABULOUS FOOD, DIET NUTRITION -LIFE AFTER ALCOHOL, NOW WHAT? -THE DIVINE INTERVIEWS TESTIMONIALS (Part 1 2) ABOUT THE AUTHOR Rebecca graduated from the Savannah College of Art and Design in Savannah, Georgia in 2001 with a Bachelor of Fine Arts degree in the Department of Illustration. Along with art, in college, she submerged herself on the crew and rowing team. This was the birth of her passion in fitness. She was selected to study with the college abroad in Provence, France, Florence and Venice, Italy in 1999. There she studied interior and exterior illustration. Immediately after her college graduation, she became a certified Yoga teacher/instructor. Moving from the Yoga mat and professional Illustration world, she found peace in freelance artwork, creating custom art works for clients and constantly developing collections of multiple meaningful art series . She celebrates her style changing and evolving constantly, which is going against the grain of the typical illustrator. The freedom in her work is inspired from her over twelve years of...

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