



Fit Happens: Strategies for Living a Healthier, Happier, Fitter Life

By -

Hardcover. Condition: New. Ships From Canada. New in new dust jacket. Sewn binding. Cloth over boards. 272 p. Contains: Illustrations. Audience: General/trade. Ingram For the 35 million men and women in America on diets and craving some instant inspiration and gratification for their efforts, this book provides 101 easy, yet innovative ways to lose weight and feel better. From the Back Cover "" Joanie Greggains has always been at the forefront of health and well-being. What sets her apart is her common sense, her energy, and the fact that she practices what she preaches. She has inspired me for years. ""--Nancy L. Snyderman, M.D., medical correspondent, ABC News "" Joanie Greggains has put together all the information anyone who is interested in being fit in the twenty-first century needs. A must for your bookshelf. ""--Earl Mindell, R. Ph., Ph.D., author of The Vitamin Bible for the 21st Century and Prescription Alternatives "" Joanie Greggains is an icon in the physical fitness world. A true motivator, she t.



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