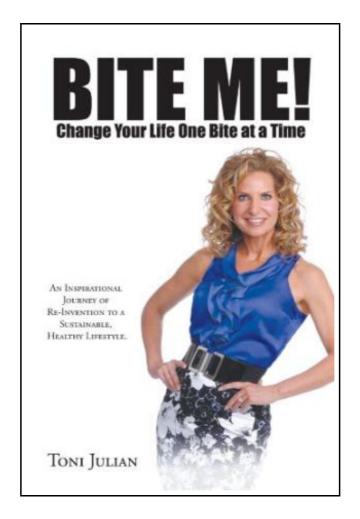
BITE ME! Change Your Life One Bite at a Time: An Inspirational Journey of Re-Invention to a Sustainable, Healthy Lifestyle.



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Reviews

Absolutely essential study publication. Sure, it is enjoy, nonetheless an amazing and interesting literature. I realized this book from my dad and i suggested this pdf to find out. (Justus Abbott)

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AUTHORHOUSE, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The only sustainable lifestyle and meal solution with attitude! I ve had the opportunity to meet and interview a lot of local authors and personalities. But rarely do I find someone as passionate and true to their cause as Toni! She is an individual who leads by example and truly cares about helping others change their lives. It is her compassion that has led her to successfully transform the lives of hundreds of people! Toni is true to her word, a follower of her own advice, and a force to be reckoned with. A contagious positive attitude and genuine passion for health and fitness make her one of the best in the industry! Ramona Gwargis, Times Media, Inc. This book and my determination have changed me for the better, for life. I will always incorporate style of eating in my life, and my future family s life. I ve had numerous people ask me, what are doing, what is different, you are shrinking! All I can do is forward them the link to this book, and smile because I know what lies behind the first turned page - a change to your life forever if you are ready to take that leap of faith! Heather Buchholz, client and 2010 recipient of the BITE ME! Best Buns Award In this book you will find: . An Inspirational Story of Reinvention by the Author . A Lifestyle Assessment . Tools to Make Healthy Foods your New Convenience Foods . How to Overcome Societal Expectations, Misinformation and Fast Food InFATuation . Over 50 Delicious, Nutritious and Simple Meal Solutions . 10 Quick Tips for Healthy, Clean Eating . How to Convert...

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