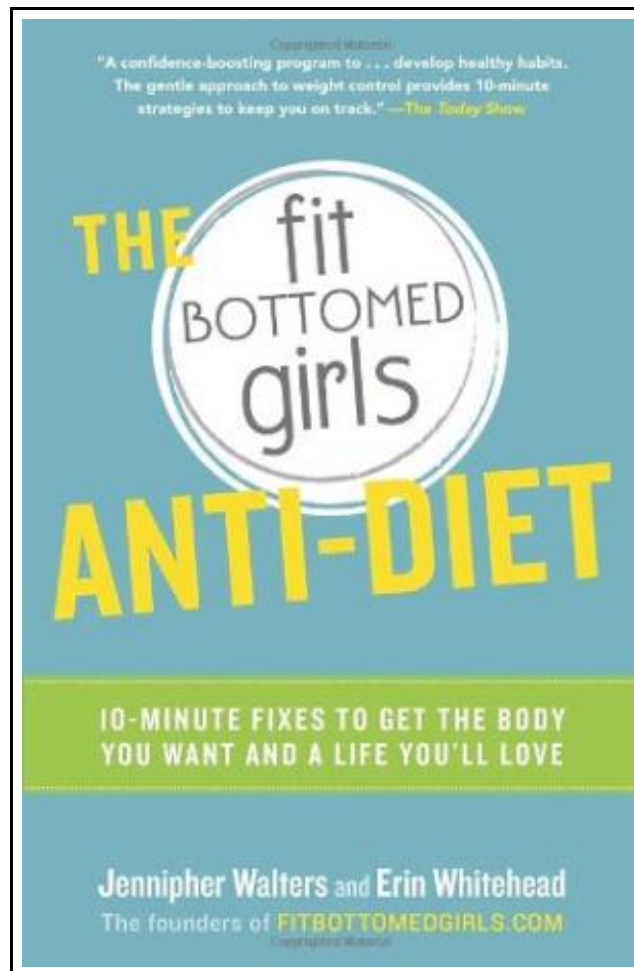


The Fit Bottomed Girls Anti-Diet: 10-Minute Fixes to Get the Body You Want and a Life You'll Love



Filesize: 1.04 MB

Reviews

Comprehensive guide! Its this type of very good read through. It is actually written in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Bernie Mante PhD)

THE FIT BOTTOMED GIRLS ANTI-DIET: 10-MINUTE FIXES TO GET THE BODY YOU WANT AND A LIFE YOU'LL LOVE

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Harmony, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "A friendly approach to getting healthy. The Fit Bottomed Girls Anti-Diet uses 10-minute changes to ditch the diet drama once and for all!" -- Fitness magazine "Anyone can write all day about wellness, but it takes some real vision to do so in a way that grabs people and makes them want to make the right changes for the right reasons. There's a big shift happening toward this - more heart, more brain - in the health space, and we think these guys get it unlike any other." -- Diets In Review Praise for The Fit Bottomed Girls Anti-Diet "The Fit Bottomed Girls Anti-Diet celebrates the number one rule of success.honor thyself! Unraveling the diet mentality and reliance upon outside advice by tuning into the only true expert on you - yourself - will transform everything and take your physical, mental, and spiritual health to an entirely unprecedented level. Jennipher and Erin generously offer support, inspiration, and practical tips to rock your anti-diet. Energizing, jubilant, and entertaining, this book will transform your life!" - Julieanna Hever, MS, RD, CPT, author of The Complete Idiot's Guide to Plant-Based Nutrition and host of What Would Julieanna Do? "When you use proven science instead of outdated calorie myths, "healthy" leads to smiles, not struggles, and slim becomes simple. The Fit Bottomed Girls demonstrate this dynamically with their upbeat and calorie-myth-free anti-diet attitude." - Jonathan Bailor, New York Times Bestselling Author of, THE CALORIE MYTH.



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