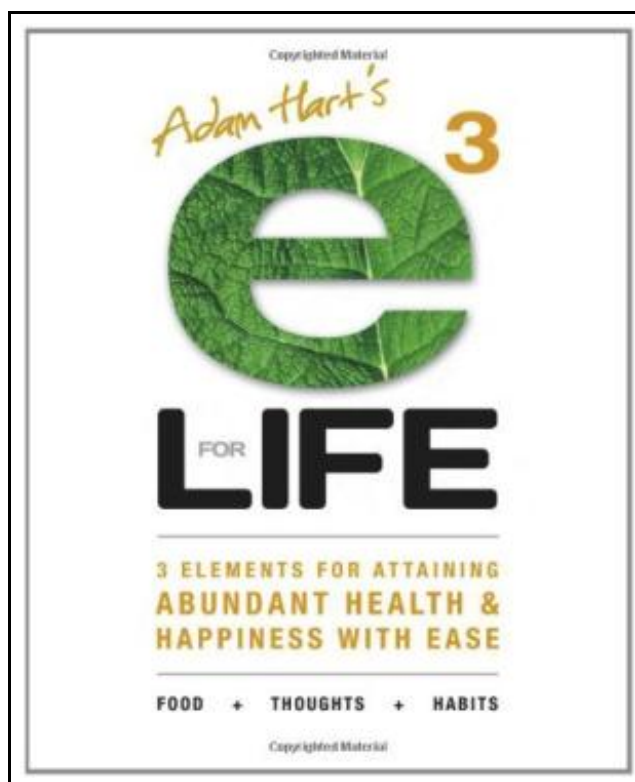


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Agio Publishing House, Canada, 2010. Paperback. Book Condition: New. 231 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.e3 for LIFE explains the 3 elements for attaining abundant health and happiness with ease - FOOD, THOUGHTS HABITS. Adam Hart begins his story by revealing how he was once very unhealthy. Despite being pre-diabetic, overweight and suffering from mental illness in the form of depression and anxiety attacks, Adam was able to regain control over his own health once he discovered the power of food. It was this discovery that allowed Adam to begin living his life from a place of abundant health and happiness. Along the way to regaining control over his own health, Adam stumbled upon a success formula that has the key feature of requiring no restrictions to your diet or lifestyle in any way, with proven results. Yes, Adam had to make very big sacrifices to discover what is shared with you in e3 for LIFE, but you do not have to make any sacrifices to achieve all your desired health goals - e3 for LIFE shows you how to do this with ease. e3 for LIFE introduces you to a success system within each of the 3 elements for abundant health and happiness. It all begins with the FOOD you eat, followed by the THOUGHTS you have, and concludes with your HABITS that produce your results. The minute you pick up e3 for LIFE, you will discover tips, secrets, tools and resources that will ensure your ability to experience the result you desire, within a matter of days! Includes over 60 Scrumptious Recipes to get you started right away! About the Author: ADAM HART is a nutrition expert, whole foods chef, professional speaker, coach and author. He has been a nutritional...

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