



Health Matters: Fifty-Two Ways to Get Your Body to Love You Back (Paperback)

By Rosie Bank

Lulu Publishing Services, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Learning to love our bodies can be among the most transformational things we do in life. But how do we get our bodies to love us back? In her guidebook Health Matters, Rosie Bank shares fifty-two practical lessons that will help others gradually improve their lives, health, and overall vitality in order to create lasting change. Rosie, a Board Certified Integrative Nutrition Health Coach, relies on her personal and professional experiences to provide a yearlong weekly plan intended to help anyone achieve a happier, more balanced life. Health Matters will inspire you to become not just a master of your health, but also a loving, encouraging, committed, and forgiving boss of your body. . . A wonderful program to help you recover your health and discover the most that you can be. -Susan M Kleiner, PhD, RD, FACN, CHS, FISSN, Author of The Good Mood Diet and co-author of Power Eating, 4th edition.



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