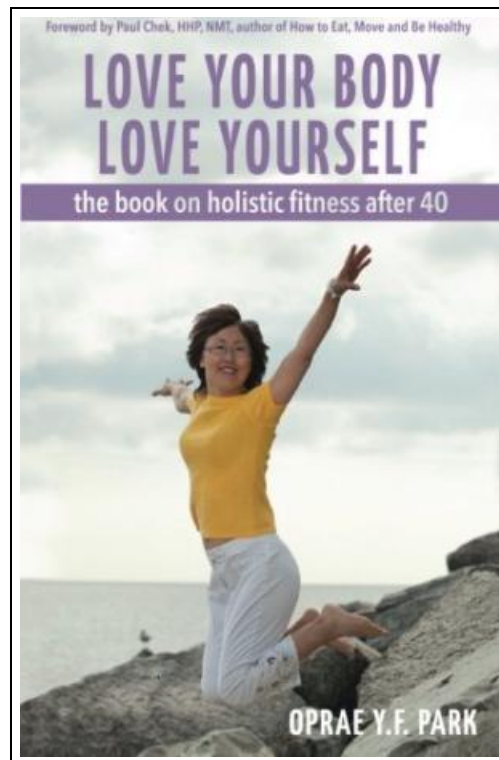


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Oprae Y.F. Park, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There are millions of books on health and fitness but none with the surprising truths that are revealed in Love Your Body Love Yourself: the book on holistic fitness after 40. This book gets down to basics and tears apart everything you have ever thought to be true about diet and exercise. Unlike what you have been taught about diet and exercise, Oprae Y.F. Park, a Holistic Lifestyle Coach and Corrective Exercise Kinesiologist certified by C.H.E.K Institute takes you on an entirely new journey of discovery. Oprae blends western ideas with ancient Chinese wisdom on to reveal a holistic way of approaching one's energy, health, fitness, and overall life. It's a brilliantly conceived primer that is based on concrete studies which are detailed throughout the book. The results are indisputable. Oprae chronicles her quest to rebuild her health and her life after turning 40. Now in her 50s she is in her prime in terms of energy, health, happiness and fitness. Her life is full of laughter, love and success. Love Your Body Love Yourself: the book on holistic fitness after 40 reveals: - How you can begin by changing your thoughts - The secrets of recharging your energy - The healing power of sleep - The real truth to successfully losing weight - The importance of posture alignment and how to correct a poor posture through corrective exercises - How to improve your mobility and stability and build a strong foundation of exercising - Detailed demonstrations on six primal functional movement patterns - How Less is More when it comes to exercise Exercise is explored in detail with photographs and illustrations to help the reader get rapid...



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