

## More Than Your Workout: Deconstruct Your Cravings Wake Up Your Body's Natural Weight Loss System (Paperback)



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## **MORE THAN YOUR WORKOUT: DECONSTRUCT YOUR CRAVINGS WAKE UP YOUR BODY S NATURAL WEIGHT LOSS SYSTEM (PAPERBACK)**

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Promoting Natural Health, LLC, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We've all read it, self-care IS the new health care, which is nice, but how does one go about getting there? Do you remember the last time you really put your needs first? Are we really taking good care of our most important asset, ourselves? Finally, a health and wellness book that's more than just a strict exercise program or a boring list of foods you can and can't eat! More Than Your Workout is a powerful guidebook to help you better understand and sort through your biggest cravings, prioritize your body's needs, and unlock the secrets to your body's natural weight loss system. In this book, author and health coach, Stefanie Mori, will teach you how to: - Create a personalized self-care system that works for you, even with a busy schedule. - Lose weight naturally-no diet pills or crazy strict food system. - Deconstruct even the most intense cravings. - Love your body and yourself. - Live a fulfilling and passionate life. More Than Your Workout will provide you with the tools, and confidence, to create healthy habits that are unique to you. Get ready to eat better, live BIGGER and truly love your body again! This book is dedicated to my Dad, Giancarlo, who showed me that love and intention can truly take you higher than you ever imagined you could go!.



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