



Say Yes to Who You Are to Create Fitness (Paperback)

By Tricia Gunberg

Balboa Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Enlightening and original way to plan your personal fitness routine. Dr. C.L. Bastin, Counseling Psychologist/Olympian 1968 If you could change just one thing, right now, what would it be? Is it to lose weight and live a more healthful life? Or add exercise and eat better? Why can't you create and stay with a wellness Program? In Say Yes To Who You Are you will learn: How simple addition can reveal your personalized wellness approach How Numerology affects your health and well-being The type, duration and frequency of exercise that fits you best The right tools to break old habits A simple and easy-to-understand blueprint to a healthier you With Tricia Gunberg's approach, you will gain the wisdom you need to make the choices that are for your greatest and highest good. Her information is presented so you can recognize your true self, and say yes to who you really are and live the healthy life you've always wanted!.

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