



## The Wholestic Method: Manual Workbook: Transform the Whole You from the Inside Out (Paperback)

By Debbie Potts

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Workbook. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Transform the WHOLE you from the inside out with the eight elements of The WHOLESTIC Method that top fitness trainer and health coach, Debbie Potts, has created based on 25 years plus of experience and education in the fitness industry, as well as multiple interviews from experts on The WHOLE Athlete podcast she hosts. The WHOLESTIC Method manual includes a chapter on each of the eight elements that Debbie has discovered to improve your ability to burn fat, optimize your health, and performance gains in life and sports. 1. Nutrition 2. Exercise 3. Sleep 4. Stress 5. Movement 6. Digestion, Gut Health Hormones 7. Hydration 8. Happiness The WHOLESTIC Method workbook, Debbie helps guide you to find your WHY and create a personal road map toward improving the WHOLE you. Learn how to get off the blood sugar roller coaster and become a fat burner for improved performance in life and sports. There is not a one size fits all approach when searching for solutions and The WHOLESTIC Method plan to help you get the results you have been searching...



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