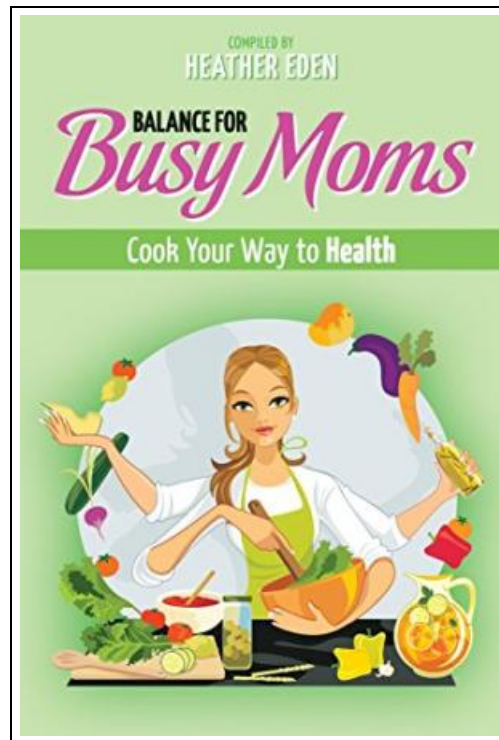


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Complete Wellness Coaching, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Balance for Busy Moms - Cook Your Way to Health is the sequel to Balance for Busy Moms - A Stress-free Guide to Tranquility . Once mom reads the first book, which is jammed packed full of loving advice to help her find her bliss, she will naturally want to learn the ins and outs of how to prepare healthy foods, and become a kitchen goddess. Read through stories of transformation and learn recipes of delicious success from 30 professional Health Coaches all around the US and Canada. You re a busy mom. You don t have time to eat unhealthily. You need all the clarity, energy and vibrancy possible to raise your children. Loving yourself first is vitally important before we can give to others, and it has much to do with the way we treat our bodies.



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