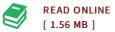


Everyday Wellness

By Marilyn Beidler

La Jolla Health Coach, United States, 2009. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Written by a professional health coach with a lifelong passion for healing, Everyday Wellness is a fun, easy-to-read guide to nutrition, fitness, and stress management. It covers a wide range of subjects, from cleansing internally to cultivating gratitude, from nontoxic beauty products to heart-healthy fats. No matter where you are on your journey to health, you Il find a wise and inspirational guide in Everyday Wellness. About the Author As a health coach, Marilyn Beidler helps people from all walks of life to achieve optimal health. She lives in San Diego, California.



Reviews

This sort of book is everything and taught me to seeking forward and more. This really is for those who statte there had not been a well worth reading. I found out this pdf from my i and dad advised this book to discover. -- Prof. Griffin Murphy

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