



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 ll 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.



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