

Health Is a Journey, Not a Battle: A Wellness Story (Paperback)

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Reviews

Good e book and useful one. It really is simplistic but shocks in the 50 % of your book. Your way of life period will probably be convert the instant you total reading this ebook. (Myah Williamson)

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HEALTH IS A JOURNEY, NOT A BATTLE: A WELLNESS STORY (PAPERBACK)



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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Nasha Shandri has seen and experienced it all when it comes to diets, cleanses, weight training, supplements, and holistic remedies. In Health Is A Journey, Not A Battle, she bravely shares her journey from plumply precocious 8-year-old to health-conscious Wellness Coach struggling with Alopecia. An inspiration to those who are facing health challenges and motivation to those who wish to live better, Nasha shares her simple secret to embracing her health as a one would a friend. Health Is A Journey, Not A Battle changes the wellness conversation from how to win the health war to how to embrace the best me.

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