



## Go Goddess!: From Depleted to Divine (Paperback)

By Barb Thomas RHN, Jennifer Rochford

Balboa Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Go Goddess! exhausted: adjective dead-tired, dog-tired, bone-tired, ready to drop, worn out, wiped out, burned out, tapped out, bagged, whipped. Dear, Tired Goddess, We see you there, holding this book, double espresso in your hand, eyelids half open. We know you have just a few minutes to yourself right now, so we plan to make this worth it for you. We want you to stop feeling overwhelmed. But you need simple information-you need gentle changes and practical action that you can incorporate now into your crazy-busy, do-everything-for-everyone-else kind of life. So how bout you start here? With Go Goddess!, Book One in the Goddess Revolution Series, you ll join the simplest, most astonishing revolution around. This book is an indispensable encyclopedia of how-tos: How to nourish yourself with holistic nutrition and whole foods How to gain back the energy you ve lost How to do things for yourself, guilt-free How to balance career, motherhood, weight, and a sense of self Preserve your precious energy and become the goddess you were meant to be. We ve even included whole foods recipes and tips...

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