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By Blanca a Lopez

Blanca Lopez, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. DISCOVER THE SECRETS TO A LONG, HEALTHY FULFILLING LIFE The 4 Dimensions of Health reveals the importance of nourishing your spirit, mind, soul, and body. It cuts through the paradigms of society and shows people how to pursue their healing with purpose and hope. IN THIS BOOK, YOU WILL LEARN: - how to build a healthy mindset and achieve goals - the important role that relationships play in our health - how to manage stress and emotions - what it means to find true rest - how to prepare nutritious meals and tons of recipes, including some favorites with a healthy twist, from taco salad to ice cream Find your intention, discover your divine purpose and revolutionize your life with Blanca A. Lopez s new book, The 4 Dimensions of Health: Discover your True Healing. In this groundbreaking work, Lopez serves as a friendly and knowledgeable guide to achieving real lifestyle change. Through her inspiring personal testimony, as well as a vast array of scientific research and practical wisdom drawn from years of practice as a health and lifestyle coach, Lopez provides...



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