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Take Back Your Life Now Master the Ten Traits of Today's Healthy Woman

By Stephen Wuest

AuthorHouse. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 7.9in. x 5.0in. x 0.4in. How wonderful to see a book that is willing to regard health as all encompassing - mind, body and soul. This book belongs in every woman's library. Nancy L. Snyderman, M. D. Vice-President of Medical Affairs Johnson and Johnson Former Medical Correspondent ABC News This book is a must for every woman. I particularly like the strategies and exercises that help the reader set goals to achieve optimal well being. For once, an action oriented program designed to help women be their healthiest in all aspects of their lives! Holly G. Atkinson, MD Chairwoman of iVillage Health Initiatives President, Physicians for Human Rights Author of Women and Fatigue This book is a practical hands-on guide that can help every woman take responsibility for her own well-being. I highly recommend it. Senator Bob Dole This is a wonderful guide for any woman to look and feel her best. As a working mother, I know how important it is to find total balance in our lives and this book truly helps. Denise Austin Author of Shrink Your Female Fat Zones Host of Lifetimes Daily Workout and Fit n Lite....

Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You won't sense monotony at any time of your time (that's what catalogues are for relating to should you request me).

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