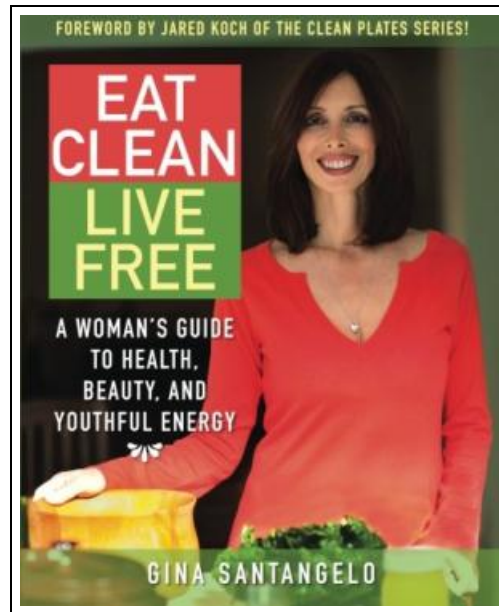


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Reviews

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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Every so often, a book comes along with the power to change each and every reader. If you ve ever fantasized about finding the Fountain of Youth, tapping into your potential, and eating well, your book has arrived. Written with passion, humor, common sense, and must-have information, Gina Santangelo - founder of Flow Pilates Centre, certified health coach, fitness expert, and Reiki practitioner - takes you on a journey to your very best self. We all want to effect a positive change in our lives. from what we purchase at the market to what we eat and feed our families, to disciplined, targeted workouts, to honoring our passions. But knowing how and where to start is dangerously overwhelming. So we place these desires on the back burner, remain in limbo, not really feeling or looking our best; not really living life to the fullest - while we hang on to habits that don t serve us well. We are constantly bombarded with fitness fads and wacky dietary advice. leaving us in the dark about what is right for us. Gina ends this madness! With 30+ years dedicated to clean eating and fitness, she presents critical information, step-by-step instructions and answers, and always honors her readers as unique individuals. For Gina, organic eating isn t a passing phase. It s her passion and her life. Eat Clean, Live Free is a life guide. It will teach you how to eat clean, seasonal fare (with confidence), make informed choices, best move your body, and reclaim your energy and spirit. It will remind you that your mind, spirit, and body work in unison, and that nourishment, in every sense of the word, is key. In...

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