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Motherhood Freedom from Conventional Thought: From Preconception to the Family Unit, Food and Lifestyle Choices Matter. (Paperback)

By Arlene Figueroa

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Question what you are told, because the fallacies of following the norm can be devastating to your health and well-being. MOTHERHOOD: Freedom From Conventional Thought, breaks from the established norm. It's not about going against the grain of conventional medicine or beliefs, but shining a light on what convention is. This practical guide calls into question why we do what we do - is it the best choice? What are our options? With the perceptive insights of an experienced career woman, wife, and mother who made some unconventional decisions when it came to matters of her own health and the health of her family - -Learn why it is an intrinsic right of life to understand and gain the knowledge of self-care. -Know the state of your own health, so you can be your best advocate. -Be accountable for the body you have, and ultimately the life you create. From preconception to the family unit, this book gives a solid starting point for creating better health and happiness in both individuals and families alike. Side effects of this book...



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