



Going Paleo on a Budget: 21 Days to Primal Living Without Breaking the Bank (Paperback)

By Andrea Huffington

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.21 Days to an unstoppable You . ATTENTION: What would you give to feel AWESOME every day? Imagine what it would feel like to: Wake up refreshed Have a beautifully smooth, younger-looking skin Enjoy clear, well-organised thoughts Have amazing muscle tone Have more energy than you can possibly use If you do not want these things, then this book is NOT for you. Only those serious about the quality of their lives and the lives of their loved-ones need to read this eagerly-awaited book by author and health enthusiast, Andrea Huffington. In this informational treasure chest you will: Discover how to get rid of food allergies forever and Uncover the secrets to effortless fat-loss Learn which foods increase muscle tone without you having to spend hours in the gym Learn how to improve mental clarity and a positive outlook on life by just eating a certain way Imagine yourself lean, fit and healthy. See yourself doing the things that once came so easily and naturally, but now they re just a big effort to do. No matter what...



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