

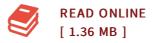




The Body Code: A Personal Wellness and Weight Loss Plan at the World Famous Green Valley Spa

By Kathryn Lance

Pocket Books. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.2in. x 6.2in. x 0.7in.lf youve ever tried a trendy new diet and found it impossible to stick to.... If youve wondered why the steak-and-salad regimen that worked miracles for your friend actually put three unwanted pounds on you. . . . youre about to find out what will work. You can lose weight and achieve optimal health by unlocking The BODY CODE At the renowned Green Valley Spa, nutritionist Jay Cooper has developed a remarkable quartet of customized wellness plans, with amazing results for thousands of satisfied clients. Now you can embark on a food and fitness program that is as individual as you are. WHICH TYPE ARE YOU Jay Cooper explains how to ear and exercise for each of the four human genetic types: The WARRIOR TYPE: rectangular or chesty build; extroverted, energetic, and practical The NURTURER TYPE: curvy, pear-shaped build; compassionate, selfless, and magnetic The COMMUNICATOR TYPE: lanky or rangy build with long limbs; lively, creative, and unpredictable The VISIONARY TYPE: naturally thin, youthful build; calm, reserved, and intellectual Once youve identified your type (by simply answering a series of questions about your body...



Reviews

This ebook is definitely worth getting. Yes, it is play, still an interesting and amazing literature. I am delighted to inform you that here is the finest book i have go through in my own daily life and may be he finest pdf for possibly.

-- Dr. Catherine Hickle

This pdf is definitely worth getting. I have got read and i am sure that i will going to read once more yet again in the future. I discovered this pdf from my dad and i encouraged this book to find out.

-- Korbin Bruen

Related eBooks



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind! The 48-page Level 3 books, designed for...



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...