

patrick
HOLFORD

Optimum Living Made Easy

6 WEEKS TO **SUPER HEALTH**

AN EASY-TO-FOLLOW
PROGRAMME FOR
TOTAL HEALTH
TRANSFORMATION



ESSENTIALS

Six Weeks To Superhealth An Easy To Follow Programme For Total Health Transformation

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Your Health is Non-Negotiable Workbook: Your 42 Day Guide to Total Transformation Sherry Anne Thacker, 2019-12-10 In this six week guide to completely transforming your life we focus on the one thing that matters most YOU Your body and your health have come in second place for far too long and that needs to change RIGHT NOW Your Health Is Non Negotiable Workbook is the follow up guide to the self help book Your Health is Non Negotiable Your Six Week Guide to Total Transformation This workbook helps to keep you on track and focused on the important key messages that we teach in the program Each day is perfectly planned out to help you managing your feeding and fasting windows your sleeping habits your carved out time for stress management your meal and fitness planning and your daily work planner Absolutely everything you need to properly plan out your health and your life to better set you up for success *Your Health Is Non-Negotiable* Sherry Thacker, 2018-12-15 In this six week guide to completely transforming your life we focus on the one thing that matters most YOU Your body and your health have come in second place for far too long and that needs to change RIGHT NOW Your Health Is Non Negotiable breaks down all the ways you have been unknowingly hurting your body and explains exactly how you can eliminate these problems and habits while feeling and looking better than ever before And this is a plan that can be tailored to suit YOU your needs your lifestyle your goals as everyone s body is different Imagine a future in which you have the health and energy to sail through life the physique and fitness that you always desired and most importantly the knowledge to maintain this for the rest of your happy life It s time to ditch our unhealthy lifestyles reject all

of the medical myths that have plagued so many of us take control of our lives and make our health NON NEGOTIABLE

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