



From
Dr. Andrew
Weil's
Guide to
Optimum
Health



Strategies for
Eating Well,
Staying Fit,
and Living
in Balance

TAKING CARE *of* YOURSELF

Taking Care Of Yourself 4xswc Strategies For Eating Well Staying Fit And Li

Silvana Siskov



Taking Care Of Yourself 4xswc Strategies For Eating Well Staying Fit And Li:

Live Healthy on a Tight Schedule Silvana Siskov, 2020-06-19 We live in a crazy world We live busy lives We are stressed out It can be hard to prioritise the most important things in life in the right way simply because time seems to be eaten up without much effort There is nothing more important in life than dedicating yourself to adopting a healthy lifestyle Avoiding this means that your health is literally on the line but the good news is that you can change this situation with a few simple alterations to your lifestyle adopting the right mindset to help you embrace health and well being Live Healthy on a Tight Schedule is designed for anyone who struggles to find the time to focus on anything other than their daily to do list We all make excuses for not having the time to do x y and z but how true is that really When something is important to you you will find the time You simply need to know how to move a few things around and change your focus in order to achieve it In Live Healthy on a Tight Schedule you will discover What it takes to make healthy food feel good How to finally fall in love with exercise and start taking care of your body 5 healthy morning routines to kickstart your day How to take care of yourself when you do not have time How to become author of your own life And much more From healthy eating regimes to dietary advice food labels to vitamins exercise to quick movement tips time management to self care you will find everything you need and more in this book to design the life you want and obtain the results you need So if you have always tried fad diets and noticed that they are simply not sustainable or you have lost weight in the past but found that it crept its way back on again it all comes down to making sustainable and enjoyable changes that give you the results you want for the rest of your days Live Healthy on a Tight Schedule shows you how to do exactly that without missing out on any of the facets of your busy lifestyle This book will show you 5 easy and proven ways to develop healthy habits around food exercise and self care To make better health and happiness happen scroll up and click the Add to Cart button now

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