



Lighten Up! The Authentic and Fun Way to Lose Your Weight and Your Worries

By LaRoche Loretta

Hay House, 2011. Paperback. Book Condition: New. 1. 15.7 x 23.5 cm. Loretta LaRoche is sick to death of diets and diet books. Not a day goes by without an article appearing in the media that reveals how certain foods could be harmful or helpful to our health. Our meals have become either demonic or divine. We've forgotten how to be in the 'right relationship' with one of the greatest pleasures we have in life: eating. As a result, we're fatter than ever and more stressed out about being fat!In this humorous and informative book, Loretta cuts through the nonsense, disclosing the wisdom she's accumulated from 'having gained and lost a tribe of people.' She also shares her expertise as an international stress consultant, former aerobics instructor, and owner of a wellness center. Her secrets for reducing weight and stress might surprise you as she leads you down the path of learning to eat well, moving with joy and living a more balanced life. Her greatest promise is that you'll get into shape . . . and have fun while you're doing it! . Paperback.



Reviews

A top quality ebook and the font used was fascinating to read through. It is writter in easy terms and not confusing. Its been written in an remarkably easy way in fact it is simply after i finished reading through this publication through which actually altered me, alter the way i believe.

-- Roberto Block

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