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Rock the World Rehab: A 4-Step Get Red Carpet Ready Body+mind+heart+soul Detox Adventure

By Denise Marie Nieman Ph D

Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Have you been playing too hard, exercising hardly, working too much, taking care of yourself too little, or saying yes too often and no not enough? Are know-it-alls, mean chicks, that jerk of a boss, or the takers and haters testing your last nerve? Are you surrounded by stuff you don t want, need, or even like? Do you want a rockin body, a joyful heart, a brilliant mind, and a sparkly soul? Are toxic people, places, and things dimming your light, weighing you down, draining your energy, and burning you out? If you answered yes to even one question, Rock the World Rehab is for you! A remarkably creative and all-encompassing program, Nieman s fun and empowering guide is a motivational tour de force that inspires a fearless, take-on-the-world attitude and turns positivity into a runaway train of excitement-and results! Her book is the penultimate girlie-girl, BFF guide to building a better, happier you on all levels, addressing body, mind, heart, and soul. Providing all the tools you need to let go of everything and everyone that dims your light and...



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