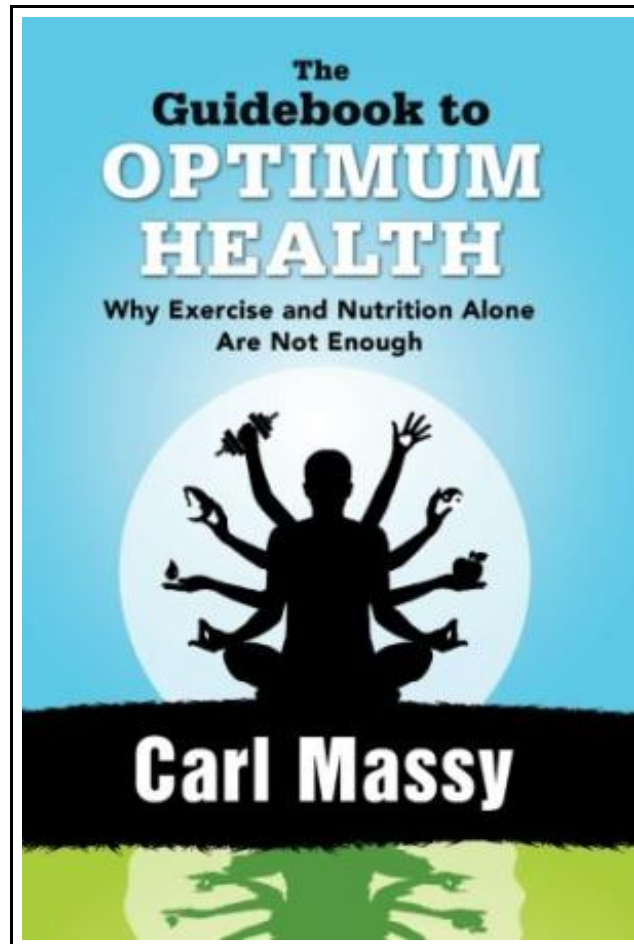


The Guidebook to Optimum Health: Why Exercise and Nutrition Alone Are Not Enough



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Reviews

It is an incredible book which i actually have ever go through. it had been writtern extremely completely and helpful. You can expect to like the way the blogger publish this book.

(Prof. Jerad Lesch)

THE GUIDEBOOK TO OPTIMUM HEALTH: WHY EXERCISE AND NUTRITION ALONE ARE NOT ENOUGH

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Worlds Biggest Gym Pte Ltd, United States, 2014. Paperback. Book Condition: New. Ferry Tan (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you ready for a TOTAL HEALTH OPTIMIZATION PLAN? Then, guess what? Forget Scientific reductionism . You can t treat a human being like a car and service just the parts. You ve got to serve the whole. Yes, the medical industry has finally woken up to the fact that exercise and nutrition are important. But those are only 2 of the 6 Essential Pillars for creating the extraordinary level of health and vitality you deserve and can attain. Did you know you have the capacity to change the expression of your genes related to inherited disease and shift them towards optimum health and healing instead? Think that would be a useful thing to learn? In this very practical (and fun!) guidebook, Carl Massy once again presents the best and latest health information and research mixed with personal experience and hands you the 6 Essential Pillars to Optimum Health. You will be amazed what you learn (and what you need to quickly unlearn) as you take this insightful and very doable health and healing ride. Carl Massy is a Life Wellness Coach, NLP master practitioner, hypnotherapist, Reiki master, fitness professional, corporate wellness trainer, and the author of *The Guidebook to Happiness* . A former Army Major and Olympic Games consultant, he is committed to helping people tap into their true potential, so they can experience more health, vitality, happiness and success in their lives.



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