

Like Chocolate For Women - , Fleur Whelligan

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Overwhelmed? Overstressed? Overtired? Overworked? Over it? Like Chocolate For Women is every woman's self-care handbook packed with hundreds of tips and ideas to help all women live the life they want, reminding them that self-care is not selfish - it's essential! There is no doubt: life is challenging. Balancing the home, the kids, your family, friends, finances and career can be a juggling act, let alone making time to take care of your health and wellbeing - and heaven forbid finding time to relax! Acclaimed authors and health and lifestyle educators, Kim Morrison and Fleur Whelligan believe every woman can achieve the life they are after, but first they MUST understand that self-care is not selfish - it's essential! Like Chocolate For Women is every woman's self-care handbook. Inside you will: *Learn how aromatherapy is the number one self-care tool for the mind and body *Drop the guilt, take responsibility and make yourself a priority *Unlock the secrets on how to age with grace *Find simple ways to exercise in just 5 minutes *Make hormones your friend - from puberty to menopause and pregnancy to motherhood *Discover the ultimate 2 minute body boost that is changing lives around the world * Prepare fresh, healthy, nutritious meals, even when you are busy

Author: Morrison, Kim Author: Whelligan, Fleur
Publisher: Bermingham Books Illustration: N Language: ENG Title: Like Chocolate For Women Pages: 00000 (Encrypted PDF) On Sale: 2012-12-03 SKU-13/ISBN: 9780646510064 Category: Health & Fitness : Beauty & Grooming - General Category: Health & Fitness : Women's Health - General Category: Health & Fitness : Aromatherapy

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