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YOU HEALTHIER NOW: SMALL STEPS TO BIG CHANGES IN YOUR HEALTH AND WELLNESS (PAPERBACK)



Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You Healthier Now is more than just a book. it s a life guide! Whether you are just getting off the couch, coming back from your regular daily walk, stepping out of your 10th yoga class, or running your 10th marathon. this book applies to you! Most of the other books you may have encountered prescribe an exact...

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- Authored by Lea Newman
- Released at 2013



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