

[PDF] The Phoenix's Guide To Self Renewal, A Daily Food Diary And Exercise Journal To Guide, Motivate And Inspire You On Your Weight Loss Journey

Melissa Alvarez - pdf download free book

Books Details:

Title: The Phoenix's Guide To Self R

Author: Melissa Alvarez

Released: 2001-12-11

Language:

Pages: 416

ISBN: 097172900X

ISBN13: 978-0971729001

ASIN: 097172900X



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Description:

Review 5 Stars "...this journal is laid out very nicely...for me it covers all the areas that I use daily." -
- Edith, NY 2002

5 Stars "Thank you for sharing with all of us who are struggling with losing weight..." -- *W. B. from San Francisco, California 2002*

5 Stars "This journal is the best I've ever used." -- *Two Boys from North Carolina 2002*

From the Publisher Mrs. Alvarez's book, *The Phoenix's Guide To Self Renewal*, is sure to hit home with anyone who has had to deal with the feelings and emotions caused by excessive weight. As you discover the situations that caused her to finally face her inner self and how she conquered the causes of her weight gain, you will learn what has worked for her and enabled her to lose 30 pounds in seven weeks. The chapters she has written are very motivational and inspirational. She touches your heart with her realizations and honest feelings in regard to her own weight, while energizing you with her positive outlook.

Mrs. Alvarez has designed the most complete and comprehensive journal on today's market for anyone who is trying to lose weight or needs to track their food intake, exercise, and feelings due to medical conditions. It was originally designed for her own use but was published due to the large local demand for the book.

New Age Dimensions believes that this book will meet all the needs of anyone who likes to document their progress in regards to diet, exercise and feelings.

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