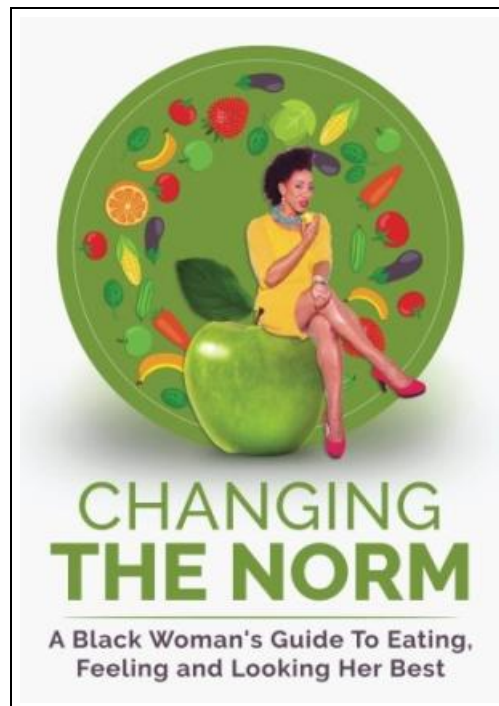


Changing the Norm: A Black Woman s Guide to Eating, Feeling and Looking Her Best (Paperback)



Filesize: 2.51 MB

Reviews

Absolutely essential read through pdf. it was actually writtern extremely flawlessly and valuable. You will like how the writer publish this book.

(Destin Leffler)

CHANGING THE NORM: A BLACK WOMAN S GUIDE TO EATING, FEELING AND LOOKING HER BEST (PAPERBACK)

DOWNLOAD



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There s an overabundance of health, fitness and nutrition books available for today s consumer. However, few of these books identify the unique barriers and challenges African American women face in the areas of weight loss, proper nutrition, healthy living, stress management, hair care barriers to exercise and much more. Why Changing The Norm? There s an alarming amount of data that supports the need for a book like Changing the Norm. According to the Centers for Disease Control 4 out of 5 African American women are obese and 1 out of 4 African American women over the age of 55 have type 2 diabetes. Obesity has been linked to chronic illnesses such as heart disease, hypertension, stroke and some forms of cancer. Each of these identified chronic illnesses affects African American women at higher rates when compared to all other races and ethnicities. It s Time to Change the Norm! Therefore in order to address these issues, Health and Fitness Expert, Fitness Olympian, In Weekly s Best Personal Trainer on The Gulf Coast, Laticia Action Jackson provides African American women with solutions to overcome various barriers that prevent them from becoming the healthiest, happiest versions of themselves. She addresses cultural norms within the African American community that contribute to these barriers and provides practical and easy to follow solutions to solve many of these challenges. With over 15 years in the health promotion, wellness and fitness field, Laticia Action Jackson has helped thousands improve their health and has proven she has the knowledge, skills and ability to do the same for you and your community. Therefore, if you re ready to add your name to this list of those who...



[Read Changing the Norm: A Black Woman s Guide to Eating, Feeling and Looking Her Best \(Paperback\) Online](#)
[Download PDF Changing the Norm: A Black Woman s Guide to Eating, Feeling and Looking Her Best \(Paperback\)](#)

Relevant Kindle Books



Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America

New Press. Hardcover. Book Condition: New. 1565843940 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-...

[Download PDF »](#)



Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Merry Xmas! Your kid will love this adorable Christmas book...

[Download PDF »](#)



Baby Bargains Secrets to Saving 20 to 50 on Baby Furniture Equipment Clothes Toys Maternity Wear and Much Much More by Alan Fields and Denise Fields 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Download PDF »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Download PDF »](#)



Trini Bee: You're Never too Small to Do Great Things

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Children's Book: Trini Bee An Early Learning - Beginner...

[Download PDF »](#)



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually

[Read PDF »](#)



Some of My Best Friends Are Books : Guiding Gifted Readers from Preschool to High School

Book Condition: Brand New. Book Condition: Brand New.

[Read PDF »](#)



Short Stories Collection II: Just for Kids Ages 4 to 8 Years Old

2013. PAP. Book Condition: New. New Book. Delivered from our UK warehouse in 3 to 5 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.

[Read PDF »](#)



The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Read PDF »](#)



Comic eBook: Hilarious Book for Kids Age 5-8: Dog Farts Dog Fart Super-Hero Style (Fart Book: Fart Freestyle Sounds on the Highest New Yorker Skyscraper Tops Beyond)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audio Book for Kids Inside! For a

[Read PDF »](#)