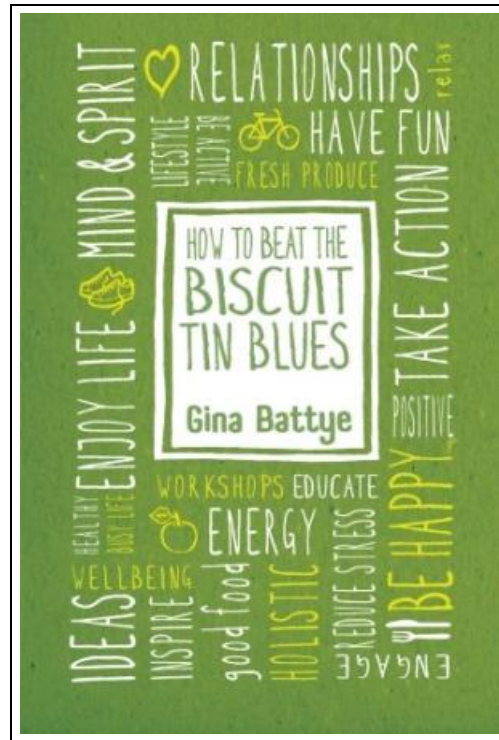


How to Beat the Biscuit Tin Blues



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Reviews

*A must buy book if you need to adding benefit. it was actually writtern quite perfectly and beneficial. You wont really feel monotony at anytime of your time (that's what catalogs are for regarding in the event you question me).
(Kian Jacobi)*

HOW TO BEAT THE BISCUIT TIN BLUES



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 280 pages. Dimensions: 9.0in. x 5.9in. x 0.9in. How to Beat the Biscuit Tin Blues gives you simple and practical things you can do every day to boost your energy and improve your health! With no complicated meal plans, silly ingredients or exhausting fitness regimes you can apply these tips straight away, even in to a busy life, with no fuss. Find out how to achieve great physical health, a calmer life and a nourished spirit the EASY way. All memories of your stressed life will be gone. Your aches and pains will disappear and you will spend more time with your loved ones. You will feel in control, balanced and grounded every day. We will look at the 5 steps to living a healthier life. We will cover: The right and wrong foods to eat, whether at home or work Ways to get fit and healthier without joining a gym How to stay stress free, even when your diary is full to busting Juggling a job and home life and still having time and energy at midnight How to live in spirit, slow down and really enjoy every moment of your life At the end of the journey you will be healthier, happier and feel on top of your game. Loved it, loved it, loved it! Finally, a self-help book that actually works nicely-written and cheerily, refreshingly free of celebrity ego or pseudo-science, based on common sense and achievable goals. Joanne Harris, international best-selling author This item ships from La Vergne, TN. Paperback.



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