



Fit and Fabulous Book (Paperback)

By Beran Parry

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Fifty, Fit and Fabulous - Description It s often been said that life begins at fifty and this particularly fabulous bundle of life-changing books provides the essential keys to making that dream a reality. Authored by the perennially young and vibrant Beran Parry, these titles share the secrets of how everybody can enjoy the wonder of staying in the best possible shape throughout their lives. Often mistaken for someone at least twenty-five years younger, Beran has dedicated her life to the principles of total health, natural fitness, complete wellness and joyous living, principles that have produced an exceptionally fit and happy individual. Much of the method relies on the incredible advances in nutritional science that have transformed our understanding of how the human body prospers and flourishes on certain food groups. But there s much more besides. Join Beran as she explores: The key principles that govern real health and vibrant vitality How to use intelligent nutrition to burn excess fat forever How to use the menopause as a springboard to the best and healthiest time of your entire life The secret...



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Reviews

Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).

-- *Roel Bogisich Sr.*

It becomes an remarkable publication that we have possibly go through. It is among the most remarkable book i actually have read through. Your lifestyle period will likely be transform when you total reading this publication.

-- *Dominique Bergstrom*