



## Get Healthy Now: Your Guide to Increasing Energy, Productivity and Having an Over All Better You! (Paperback)

By Leann Fritz Nd

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Get Healthy Now is not your typical natural health book.it is so much more. Finally, you will get real answers and practical steps on how to increase your energy, have explosive productivity and be the most amazing you! Being healthy is about more than just food. It s a mind-set. It s about thinking differently which will enable you to LIVE differently. Although physical nutrition is important, it is also essential that you put great nutrition in to your mind and powerful habits into your life. That s what makes this book different from other health books that you may have read. You were engineered to be healthy in every way, NOW! Getting healthy NOW is both a journey and a point in time. While it can take some time to reach your long term health goals, getting healthy NOW starts NOW, with a decision to TAKE ACTION and start receiving the fruits of those decisions! You will gain the mind-set and nutritional insight you need to get healthy and stay healthy! It s not about a quick fix...



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