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Reviews

This is actually the finest ebook we have go through until now. It is writter in straightforward words and phrases instead of difficult to understand. Its been designed in an remarkably straightforward way and is particularly just following i finished reading through this book by which basically changed me, change the way in my opinion.

(Gillian Wisoky)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I have realized how difficult it is to go from the average American diet to clean eating. Most people will get scared and give up, not know where to start, or go through withdraw. I did not switch to clean eating over night; I made small changes until I got to where I am today. I do not miss my old eating habits and I make healthy choices without putting too much stress or thought into it. This program is designed to slowly change the eating habits of people who have experienced a lot of trouble in this area before. I take you day by day, and add more changes each day. I also touch a little on self-awareness and mental health. One of the main reasons people live unhealthily or fail at becoming healthy is because of sadness or not feeling worthy of healthy living. During this transition into a healthier lifestyle, it is important to also improve on your mental state of mind, further ensuring you stay on the right path. By the end of this four week program, you will be more self-aware, prepared, happier, and eating clean will be an easy lifestyle to maintain. This edition comes with a four week extended journal and meal shopping planner. This will aid in the continuation of the new healthy habits learned in the program. Nina Hagan.

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