



Healthy Lifestyle Box Set (6 in 1): Learn Simple Daily Habits To Improve Your Health, Destress And Enjoy A Happier Life (Healthy Living, Self Healing, Simple Lifestyle Changes)

Kathy Stanton, Tammy Daniels, Rick Riley

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Free Bonus Books Included!

Book 1: Baking Soda: Using Baking Soda And Loving It: Discover The Amazing Cleaning, Health And Hygiene Secrets Of Baking Soda

Here Is A Preview Of What You'll Learn...

- What Do You Use Baking Soda For?
- How to Use Baking Soda for Cleaning
- The Secrets to Using Baking Soda for Your Health
- Using Baking Soda for Your Personal Hygiene
- Other Uses for Baking Soda That You Can Benefit From!
- How to Make Your Own Cleaners Using Baking Soda
- Why Love Baking Soda?
- Much, much more!

Book 2: Using Essential Oils And Loving It: How To Use Essential Oils And Aromatherapy For Weight Loss, Skin Care And Stress Relief

In This Book You Will Learn...

- How to Lose Weight With Essential Oils
- How to Use Essential Oils for Stress Relief
- Essential Oils and Emotional Issues
- How to Use Essential Oils for Skin Care

- What Essential Oils to Use for Skin Care
- Different Ways to Use Essential Oils
- Helpful Tips for Using Essential Oils
- Much, much more!

Book 3: Chakra Healing And Loving It: How To Balance The 7 Chakras, Strengthen Your Aura And Heal Your Life

Here Is A Preview Of What You'll Learn Inside This Book...

- What is Chakra and How Can it be Used in My Life?
- The Seven Chakras Explained
- How To Heal The Chakras
- Finding Balance in Your Daily Life
- How To Improve Your Aura
- The Importance Of Taking it One Day at a Time
- Noticing Improvements in Your Life!
- Much, much more!

Book 4: Mindfulness Living And Loving It: Learn How To Live In The Present Moment, Conquer Anxiety And Find Peace And Happiness

Here Is A Preview Of What You'll Learn...

- What is Mindfulness?
- How to Apply Mindfulness Daily
- How to Use Mindfulness to Overcome Anxiety
- Finding Peace
- How Using Mindfulness Can Eliminate Stress
- How to Make Mindfulness Work For You
- Essential Tips for Practicing Mindfulness
- Much, much more!

Book 5: Living The Yoga Lifestyle And Loving It: Beginners Yoga Guide To Lose Weight, Relieve Stress And Calm Your Mind

Inside You Will Learn...

- What is Yoga and How Can it Benefit Me?
- How Yoga Can Help You Lose Weight And Keep It Off
- The Benefits of Yoga for Stress Relief
- How Yoga Can Help You Clear Your Mind
- Where Can I Learn Yoga and What Do I Need?
- Using Yoga in Your Daily Life
- Keeping Up with Your Yoga Lifestyle
- Much, much more!

Book 6: Living Confident And Loving It: How To Build Self Confidence, Overcome Insecurity And Reach Your Full Potential

Here Is A Preview Of What You'll Learn...

- Causes of Low Self-Confidence
- How to Build Your Self-Confidence
- How to Set Goals in Your Life
- How Healthy Eating and Exercise Can Build Confidence
- The Trick To Positive Self-Talk!
- Helpful Positive Affirmations You Can Apply In Your Life Right Now
- Much, much more!

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Michael Harmon:

Now a day those who Living in the era everywhere everything reachable by match the internet and the resources inside it can be true or not involve people to be aware of each info they get. How a lot more to be smart in receiving any information nowadays? Of course the reply is reading a book. Studying a book can help folks out of this uncertainty Information specially this Healthy Lifestyle Box Set (6 in 1): Learn Simple Daily Habits To Improve Your Health, Destress And Enjoy A Happier Life (Healthy Living, Self Healing, Simple Lifestyle Changes) book because book offers you rich facts and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it everbody knows.

Lisa Gaither:

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Norma Harrell:

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Frances Fortier:

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This book which can be qualified as The Hungry Hills can get you closer in turning into precious person. By looking upwards and review this reserve you can get many advantages.

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