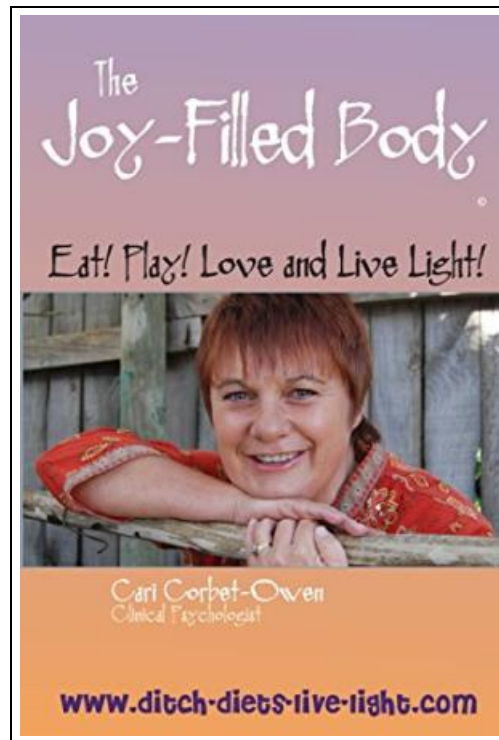


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Reviews

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(Prof. Maya Hand)

THE JOY-FILLED BODY: EAT! PLAY! LOVE AND LIVE LIGHT! (PAPERBACK)



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Joy-Filled Living, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is Cari Corbet-Owen s follow up book to her acclaimed Mind over Fatter Programme . In it she takes on the myth that broccoli + gym = thin = healthy and challenges the notion that we are merely a bunch of cells, skin, muscle and bones because there is another powerful component to our health and well being about to be revealed to you. Throw out your scale, tune into your amazing body and learn the biggest secret ingredient to sustainable weight control. Follow the snippets of practical, down to earth, wisdom from the many patients who have graced her therapy rooms and international workshops. SARK author of Succulent Wild Women said she loooooved this book: Living in a joy-filled body is such a delicious mission! After all, what are our bodies but marvelous containers for our joy-filled hearts?.



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