



Vitality: How to Create the Life Body You Want. a Smart Savvy Lifestyle Guide for Super Busy People. (Paperback)

By Nikki Fogden-Moore

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Struggle to find the perfect work - life balance? Work extremely hard and never seem to find your mojo? Keen to lead a fitter, healthier, more active and refreshed lifestyle - but you have no idea where to start? We ve got good news: Written for smart, savvy and business people - Nikki helps you blend active, healthy living seamlessly into your life. You won t find strict calorie-controlled diet, a brutal eating plan or a prolific exercise regime.But you will find the tools to achieve longlasting, effortless health and wellness. Nikki Fogden-Moore, aka The Vitality Coach, shows you a committed approach to create a positive lifestyle full of energy and vitality. Laying the groundwork, and a plan of action to create bring fitness, food and mindset into balance - without turning your life upside down. Nikki s passion and purpose; Vitality, the book is born out of her desire to share her knowledge and success, and to deliver an authentic toolkit to help people everywhere achieve optimal health and wellbeing. The truth is, creating...



Reviews

This pdf can be worth a read through, and a lot better than other. I really could comprehended everything using this written e book. I am just pleased to explain how this is actually the very best book i have read through in my individual lifestyle and can be he very best publication for actually. -- Jaclyn Price

Definitely among the finest pdf I actually have at any time read through. It is one of the most amazing pdf i actually have study. I discovered this ebook from my i and dad recommended this pdf to find out. -- Turner Stiedemann

Other PDFs



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



The Savvy Cyber Kids at Home: The Defeat of the Cyber Bully (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. Taylor Southerland (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The adventures of CyberThunder (Tony) and CyberPrincess (Emma) continue in The Savvy Cyber Kids at Home: The...



Ella the Doggy Activity Book (Paperback)

Husky Publishing, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.This activity book is comprised of crossword puzzles, word search games, word scrambles, coloring pages, mazes, and more! The...



The Old Peabody Pew. by Kate Douglas Wiggin (Children s Classics) (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin (September 28, 1856 August 24, 1923) was an American educator and author of children...



Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced Adult Coloring Book of Birds! Get more...



Adult Coloring Books Reptiles: A Realistic Adult Coloring Book of Lizards, Snakes and Other Reptiles (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced Adult Coloring Book of Reptiles! Get more...