



Change4good: The Ten Essentials for Food, Fitness and the Good Life

By Lauren Jawno

AuthorHouse. Paperback. Condition: New. 408 pages. Dimensions: 9.0in. x 6.0in. x 1.1in. Finally, a radically new, remarkably sane breakthrough program to achieve the lifelong body, fitness and happiness you deserve! No gimmicks, no fads, no calorie counting, no meal plans. The Change4Good program is a new way of thinking about food, life and yourself. Its based on science, its controlled by you, its flexible, simple and its definitely not torture. Use the Change4Good tools, tips and guidance to change the way you think about food. Whether its five pounds to lose or three hundred, the radically new, but remarkably sane, Change4Good program will help you gain control of your weight permanently. Eat delicious life building, brain-powering real food . . . and, in moderation, even your favorite treats. It works because youre not just looking at what you put into your mouth but what you put into your life. Join the hundreds of doctors, lawyers, corporate chieftains, dancers, athletes and stay at home moms and dads whom Lauren has coached to success. Developed by Canadas renowned wellness expert, Lauren Jawno, the Change4Good program will help you to stop torturing yourself with food and start living your most satisfying life. Lauren has..



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Unquestionably, this is actually the very best work by any article writer. It usually does not price a lot of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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