



Your Body Is Not Your Enemy: A New Guide to Getting Over Your Self and Enjoying Optimal Health (Paperback)

By Jeff Woiton

Balboa Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Have you ever asked yourself why you can't seem to be the person you imagine yourself to be? Do you find yourself making the same bad choices repeatedly without knowing why? Are you fed up with having too much weight and not enough energy? Do you think that this is all life has to offer you? There's great news! Change is possible, and you are the one who can make it happen. In this book, you will learn the secret of getting over your self to get out of your own way and stop being your body's worst enemy. With just a little effort and a lot of self-love, you can end decades of self-harm and begin a new life of enjoying optimal health. Just as a hatchling pecks away at the shell that confines it and prevents it from further growth, so must we destroy and discard the shell that's kept us inside our old ways of thinking so we can create whole universes of possibility. Getting over your self opens up new pathways for empowerment, ultimately...



READ ONLINE
[6.13 MB]

Reviews

This book is definitely worth acquiring. I have gone through and so I am certain that I will likely to read through again again in the future. It's been printed in an exceptionally basic way in fact it is only after I finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who state there had not been a well worth reading through. I discovered this ebook from my dad and I encouraged this book to find out.

-- **Lacy Goldner**