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MIND BODY BOWL: THINK, MOVE AND EAT YOUR WAY TO A MORE BALANCED LIFE (PAPERBACK)

HarperCollins Publishers, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. 'Mind Body Bowl is the perfect balance. The recipes are simple, delicious and something you will want to eat every day. It will become your go-to recipe book Madeleine ShawAnnie Clarke, creator of the popular Mind Body Bowl blog, shares her journey from poor health to strength and happiness by way of her three pillars of wellness - a healthy mind; a fit body and delicious...

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- Authored by Annie Clarke
- Released at 2017



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