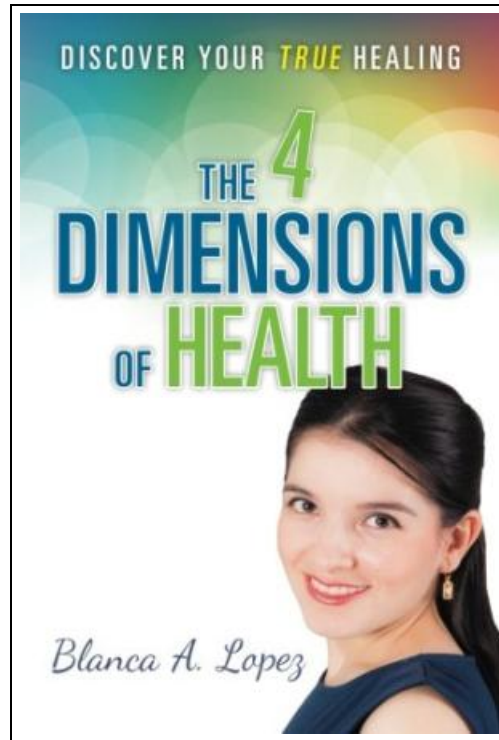


The 4 Dimensions of Health: Discover Your True Healing (Paperback)



Filesize: 4.12 MB

Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Michael Spinka)

THE 4 DIMENSIONS OF HEALTH: DISCOVER YOUR TRUE HEALING (PAPERBACK)



Blanca Lopez, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER THE SECRETS TO A LONG, HEALTHY FULFILLING LIFE The 4 Dimensions of Health reveals the importance of nourishing your spirit, mind, soul, and body. It cuts through the paradigms of society and shows people how to pursue their healing with purpose and hope. IN THIS BOOK, YOU WILL LEARN: - how to build a healthy mindset and achieve goals - the important role that relationships play in our health - how to manage stress and emotions - what it means to find true rest - how to prepare nutritious meals and tons of recipes, including some favorites with a healthy twist, from taco salad to ice cream Find your intention, discover your divine purpose and revolutionize your life with Blanca A. Lopez s new book, The 4 Dimensions of Health: Discover your True Healing. In this groundbreaking work, Lopez serves as a friendly and knowledgeable guide to achieving real lifestyle change. Through her inspiring personal testimony, as well as a vast array of scientific research and practical wisdom drawn from years of practice as a health and lifestyle coach, Lopez provides readers with a solid understanding of holistic health management. Readers will be challenged to carefully examine their present health and to make more informed choices through numerous exercises interspersed throughout the book; they will emerge with an enlightened attitude, a comprehensive healthy-living skill set and a collection of family-friendly, budget conscious healthy recipes. Sarah Ann Wong, EdM, RN.



[Read The 4 Dimensions of Health: Discover Your True Healing \(Paperback\) Online](#)



[Download PDF The 4 Dimensions of Health: Discover Your True Healing \(Paperback\)](#)

Other PDFs



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Download PDF](#)

»



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Download PDF](#)

»



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Download PDF](#)

»



Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 205 x 74 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

[Download PDF](#)

»



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Download PDF](#)

»