



Stop Think: The Seven Habits of Healthy Living

By Andrew Tutino

Basic Health Publications. Paperback. Book Condition: New. Paperback. Stop and Think: The Seven Habits of Healthy Living, presents a program to help readers increase their consciousness and guide them to solid knowledge about health. They'll find practical, proven advice on choosing the right foods when eating out, the importance of drinking water for health, and how to overcome resistance to positive change. The author tells readers straight out what they need to know to get real each and every day about what is going to help their bodies and what is going to hurt them. This book will help them do that with the Seven Habits of Healthy Living. Readers will be reminded--and shown how--to: Eliminate bad habits; incorporate exercise into their daily routines; make healthier food choices; experience the power of a positive mind; and cleanse the body of toxins. When it comes to putting our bodies in a position to win, no one can do it better than us. And sometimes all we need is to know the facts along with a little encouragement to keep going. Stop and Think can help everyone who reads it stay on the road to health. This item ships from multiple locations....

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