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Heal Your Life: Green Lifestyle for Women: Beauty Period Baby Mindfulness (Paperback)

By Pilar Bueno, Professor of Behavioural Neurology John Hodges

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you thinking about overhauling your health and happiness? Are you looking for advice on how to live a Green Eco-friendly, Healthy Happy life? Are you looking for tips, recipes and simple life hacks for a cleaner diet, and beauty regimes? A simpler and safer alternative to your Menstrual Cycle? Do you want to prepare for and have the safest pregnancy, eliminating the dangers of diet and home environments and finding Green alternatives to give your child the best start possible? Do you want, straight forward, simple advice on how to live a calmer and less stressful work and home life. To manage stress and anxiety and appreciate life and the time you have with your loved ones? This and a whole lot more is available inside GREEN LIFESTYLE FOR WOMEN This is a collection of #1 bestselling books for authors J. Hodges P Bueno Inside: Green Up Your Beauty (Best seller in UK+, Spain, Mexico) Green Up Your Period (#1 USA, Spain, Mexico) Green up your Baby - (#1 Spain) MINDFULNESS: Make A Resolution to be Happy (#1 UK, France, Spain) Four #1 books in one volume Full of incredible...



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