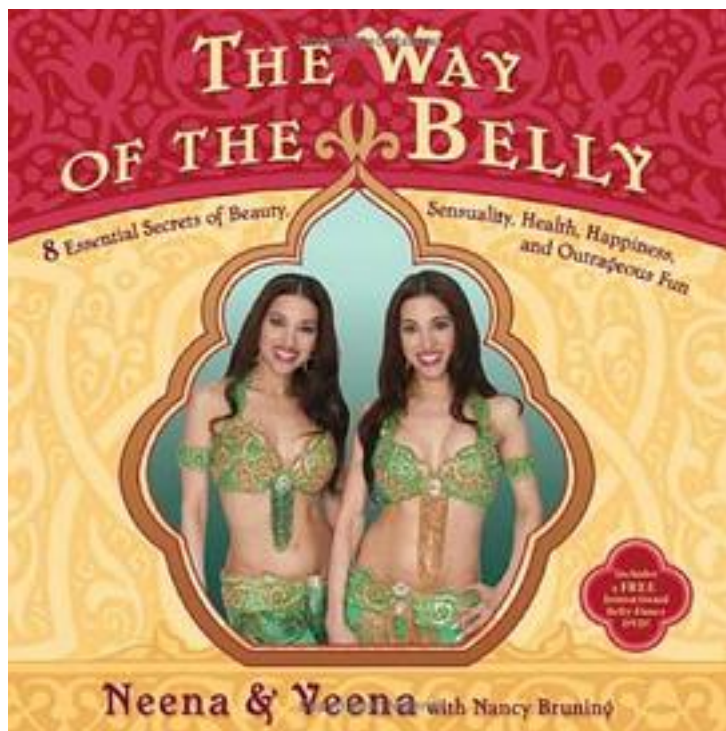


The Way of the Belly



[The Way of the Belly_ 下载链接1](#)

著者:Neena

出版者:Hay House

出版时间:2006-04-15

装帧:Hardcover

isbn:9781401906139

Whose life couldn't use a little change? In *The Way of the Belly*, Neena & Veena, known throughout the world as the Bellytwins, will show you the fun, sensual way to rediscover or enhance the real you. These dynamic sisters have developed a unique plan to becoming the person you want to be! Maybe you want to shed those extra pounds, tighten and tone the body, look and feel sexier, spice up your wardrobe, be a better lover, take years off of your face and body, or all of the above.

You're about to begin a life makeover plan so enjoyable that you can actually stay on it for the rest of your life! This book shows you how—the Bellytwins way. It's an

outrageously fun mind-body-spirit makeover with a twist—a hip twist, that is, as well as bold colors, a little glitter, and a great big smile! Go on—make the most of what you’ve got!

The Way of the Belly also works on changing or enhancing your internal core—that is, your intuition and emotions—in order to increase confidence and make you look and feel more beautiful and alluring.

You can be all you’ve ever imagined—maybe even more!

作者介绍:

目录:

[The Way of the Belly_ 下载链接1](#)

标签

评论

[The Way of the Belly_ 下载链接1](#)

书评

[The Way of the Belly_ 下载链接1](#)