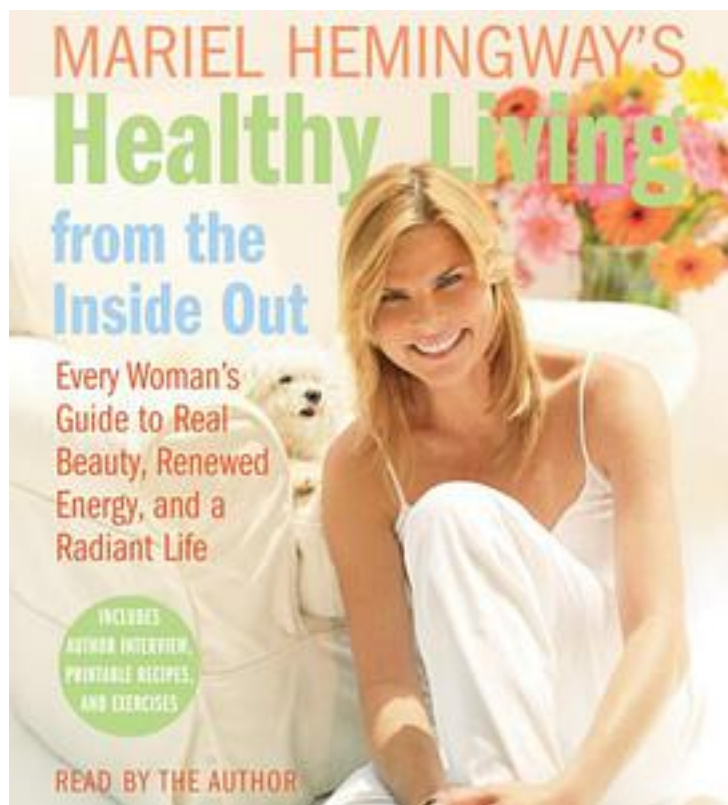


# Mariel Hemingway's Healthy Living from the Inside Out CD



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出版者:

出版时间:2006-12

装帧:

isbn:9780061227271

Mariel Hemingway's Healthy Living from the Inside Out is an accessible, down-to-earth guide that shows us what our bodies and minds truly need. Dividing the program into four foundational areas, we can isolate the issues we all face and start making the necessary changes. Food: What we eat and drink affects every part of our lives, from your energy level to your body shape. First by distinguishing what foods make us feel

and act our best, we can then learn how to integrate a flavorful yet super nutritious diet part of our regular life. Exercise: By putting the emphasis on quality not quantity, we learn to nurture ourselves, stay grounded, and transform our mental, emotional, and physical state a little bit each day. Home: Too often where we live echoes the clutter and chaos of the outside world. Learn how to make our homes a place where we can rest, recharge, and refocus, a haven for the balanced life we (and our families) seek. Silence: In our super noisy world, bringing quiet reflection into our lives slows down the rush, helps us learn the empowering skill of observation, and ultimately can guide us into healthier habits and behaviors. Encouraging us to listen to ourselves and do things differently, Mariel Hemingway's unique program shows us how we can make the best decisions for our own lives, look amazing, and feel fantastic from head to toe. The results are immediate and will last a lifetime.

作者介绍:

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