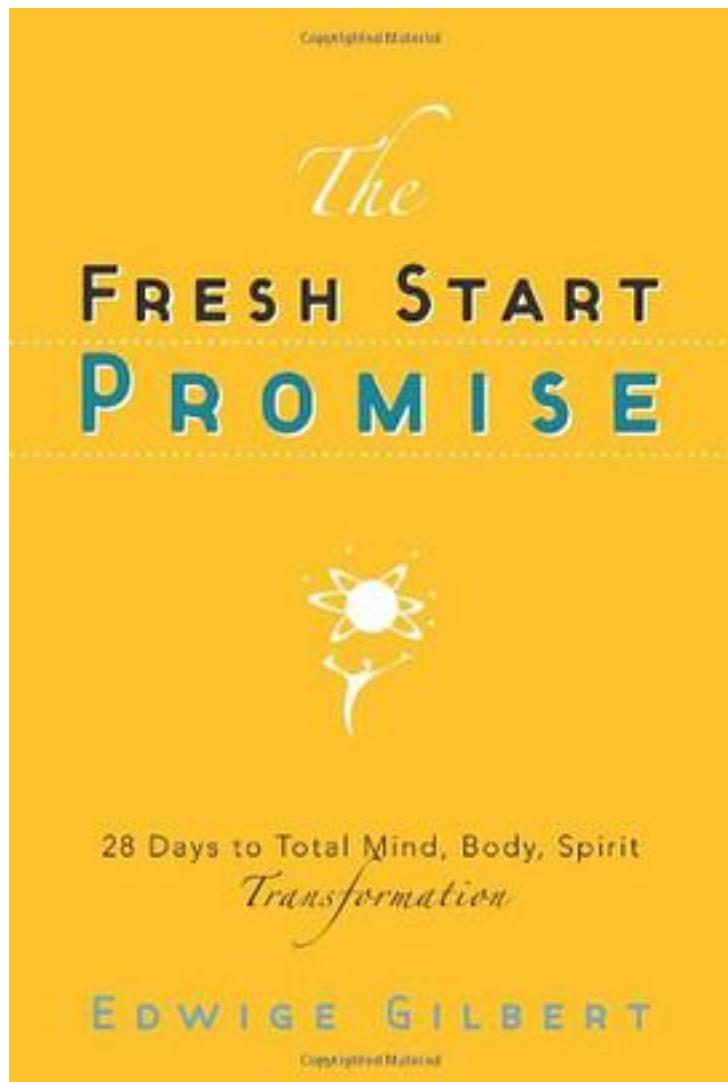


The Fresh Start Promise



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出版者:

出版时间:2008-1

装帧:

isbn:9780738713229

Everyone has the impulse for a new beginning - a fresh start. Whether your motivation is a smaller dress size, stress reduction, or simply a life filled with *joie de vivre*, this 28-day programme can help you change your life...permanently. Transform your mind, body, and spirit in just four weeks! With unique French flair, Edwige Gilbert offers a lasting programme for personal change and spiritual growth that requires just twenty minutes twice a day. You can dispel fears and negative thoughts that obstruct your vision of change. You can tap into the universal healing energy known as Qi (chi) for vitality and enthusiasm to pursue your goal. You can discover your talents and gifts and reconnect with your true self. Integrating the body, mind, and spirit, Gilbert's proven techniques and exercises are based on yoga and Taoist traditions, hypnotherapy, and behaviour modification principles. Gilbert's inspiring makeover concludes with a plan to strengthen your new conditioning, achieve future goals, and maintain a life of laughter, love, and peace.

作者介绍:

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