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# WANTS, NEEDS, AND MORE.



Tate Publishing Company, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English. Brand New Book. In Wants, Needs, and More., a playfully campy wellness and fitness guide, author and fitness enthusiast Lola Rocket Sinelli shows readers how to put their finger on what they want and need from life in order to carve out a brighter, healthier future. In twenty-five engaging, direct chapters like Defining Your Wants and Needs, Getting Off Sugar Yoga, and hormones...

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- Authored by Lola Sinelli
- Released at 2015



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