



## E3 for LIFE: 3 Elements for Attaining Abundant Health and Happiness with Ease

By Adam Hart

Agio Publishing House, Canada, 2010. Paperback. Book Condition: New. 231 x 188 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.e3 for LIFE explains the 3 elements for attaining abundant health and happiness with ease - FOOD, THOUGHTS HABITS. Adam Hart begins his story by revealing how he was once very unhealthy. Despite being pre-diabetic, overweight and suffering from mental illness in the form of depression and anxiety attacks, Adam was able to regain control over his own health once he discovered the power of food. It was this discovery that allowed Adam to begin living his life from a place of abundant health and happiness. Along the way to regaining control over his own health, Adam stumbled upon a success formula that has the key feature of requiring no restrictions to your diet or lifestyle in any way, with proven results. Yes, Adam had to make very big sacrifices to discover what is shared with you in e3 for LIFE, but you do not have to make any sacrifices to achieve all your desired health goals - e3 for LIFE shows you how to do this with ease. e3 for LIFE introduces you to a success...



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