



Smart Wellness (Paperback)

By M a Du Pont

Smart Wellness, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Smartwellness on YouTube I was an obese stressed-out and depressed 10-year-old, and I have been a processed food addicted all of my life. The government never did anything to protect me, but instead let corporations pedal their fabricated artificial food to me via cool mascots and cartoons. I was so stressed as 10-year-old that I threw up everyday and saw a psychiatrist for 2 years. During highschool I went from being obese to fat, because I started to play soccer. When I was between 22-25 I was determined to look fit, and I tried to become well the hard way doing 20-hours plus of exercise per week. Gym x 4 week Cycle 20 min x 8 week Jog 10-K x 1 week Took amphetamines and danced at afterhours club (6 hours) x 1 week Soccer games x 2 week Tried Dieting I also began to do lots of drugs because they made me feel happy and confident. But the drugs lead me to having extreme anxiety and paranoia. Getting well the hard way h led me to being frustrated, angry, depressed and anxious....



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Reviews

This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).

-- **Mr. Martin Baumbach**

These kinds of ebook is almost everything and got me to seeking ahead of time plus more. It really is filled with wisdom and knowledge I discovered this book from my i and dad advised this publication to learn.

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