

Wellness Transformed: A Motivational Novel (Paperback)

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WELLNESS TRANSFORMED: A MOTIVATIONAL NOVEL (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Explore Fiction and Self-Help in a New Hybrid Sarah Sniderman writes about struggles with depression and disordered eating from experience, but Wellness Transformed is not her story. It is the story of a former consultant confused about her issues and her personal transformation as she overcomes them one by one: Acceptance Health Independence Romance Woven within the plot are proven techniques to help anyone seeking self-improvement, from Cognitive Behavior Therapy to intuitive eating. The raw emotions will touch you and the triumphs will inspire you. This is Part One of the Wellness Transformed series.

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