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## QUICK START GUIDE TO BECOMING A HEALTHIER HAPPIER YOU EBOOKS 2019



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Quick Start Guide to Becoming a Healthier, Happier You provides with 7 easy steps to get you started on your journey to health and wellness through self-care. If you're looking to change your life around for the better and ultimately be healthier and happier, this book is for you. It includes:

It includes:

1. My Story
2. Diet
3. Stay Hydrated
4. Become An Expert on You
5. Stop Sabotaging Yourself
6. Positive Affirmations
7. Get Your Body Moving
8. Declutter
9. Recipes
10. Recap
11. Additional Bits of Advice
12. Additional Resources

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