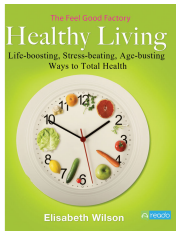


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THE FEEL GOOD FACTORY ON HEALTHY LIVING UNABRIDGED EBOOKS 2019



Author: Elisabeth Wilson

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The internet, email and mobile technology have given birth to an 'instant gratification' society. It's almost impossible to not find yourself drawn into it. With this in mind The Feel Good Factory has been created to bring the people what they want: helpful information that's verbiage-free, gets straight to the point, is easy to navigate and most importantly is actually pertinent to them. What comes off the production line are beautiful, helpful books that people actually enjoy listening to. Do you ever wish you could feel energized and healthy every day? Are you sick and tired of feeling sick and tired? In 30 practical and down to earth chapters, Elisabeth Wilson will show you how to enjoy exercise, the top foods to keep you feeling fantastic and why your attitude to life is as important as your diet when it comes to great health.

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