



# Mastering the Balance of A Healthy Life and Body: A Simple guide to a Healthy Lifestyle in 90 days

*Patricia Riley Smith*

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## **Mastering the Balance of A Healthy Life and Body: A Simple guide to a Healthy Lifestyle in 90 days**

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Do you feel older than your age? Are you tired in the morning, exhausted by the end of the day and experiencing a lot of brain fog in between? Do you find your patience being tested more easily and your sex drive is MIA? Do you struggle to lose weight, even having tried every diet out there?

With twenty six years in the Wellness industry and her experience as a Health and Lifestyle coach, Patricia will guide you to your healthy life and body!

- Find out where true health begins and why
- Understand what areas of life if “off” can flip your world upside down!
- Discover how food impacts your mood and your life
- And much more!

Don't wait for the next diet fad or exercise trend...now is the time to break that vicious cycle!

If you follow the information given in this book...

**IT WILL CHANGE YOUR LIFE!**

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