



Skinny Life: The Secret to Physical, Emotional, and Spiritual Fitness

Crystal Dwyer Hansen

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The real *skinny* about how to be naturally thin, fit, and healthy!

Are you ready to change the story of your life? Through her Skinny Life® program, life coach Crystal Hansen has been changing lives around the world with the bottom-line truth about weight loss and a healthy lifestyle. It's not a diet-diets don't work. It's not a workout-exercise regimes fall by the wayside. The real key to changing your body-and your life--is changing your mind.

With practical tools, solid research, and focused affirmations, Crystal guides you to:

- Get honest about self-defeating thoughts and habits
- Replace guilt and shame with a mindset of freedom, self-care, and self-respect
- Nourish your body with foods that energize and protect it from disease
- Learn what kind of movement brings you joy and integrate it into your daily life
- Make weight issues a think of the past

With your new Skinny Life® lifestyle, you will uproot destructive beliefs that sabotage weight loss and replace them with positive tools that improve your total health and well-being. Get started now on becoming lean, healthy, and happy-for life!

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Mary Salas:

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Macie Tiffany:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Might be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the reserve untitled Skinny Life: The Secret to Physical, Emotional, and Spiritual Fitness can be fine book to read. May be it can be best activity to you.

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