



Proven Mind-Body Secrets for High Performance People (Volume 1)

Mrs. Chrystal L Cocek

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This is a back to basics guide for High Performance People. The book gives step by step instruction for creating nourishing habits and herbal preparations to executives, mothers, entrepreneurs, or anyone who needs assistance with balancing their health and professional lives. Are you frustrated with growing numbers on the scale as your professional success grows? Do you feel lost and overwhelmed when it comes to a sustainable wellness plan? Do you grab for empty calories in place of true nourishment? Do you dream about a balanced lifestyle that includes success in your personal health goals as well as professional? If you are ready to strengthen your foundation so you are rock solid and not blown around by life's storm, you have found the book for you.

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