



Powered by Health: The High Achieving Woman s Guide to Health, Vitality, and a New Life Full of Possibilities. (Paperback)

By Amanda Bigelow

Amanda Bigelow, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you a driven, high-performing woman who feels tired and low in energy? Do you often feel overwhelmed and stressed? Filled with practical advice, Powered by Health provides modern women with the know how to be able to take their health and productivity to a whole new level. Health coach and behavior change specialist, Amanda Bigelow has identified Five Principles of Integrative Health which lead to super health and vitality. In this book, you will learn how to: Recognise which foods are not nourishing you and then crowd them out with good nutrition Move your body in a way it loves Become accountable to yourself by doing what you say you will Rediscover wonderful aspects of yourself that you d put aside Reflect, and deal with the bigger issues in your life including relationships and career. Containing real life stories to illustrate key points, a simple survey to diagnose your own health status, and exercises and tools designed to strengthen and revitalise you, Powered by Health will help you take positive action for your health. If you have that niggling feeling that your health...



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