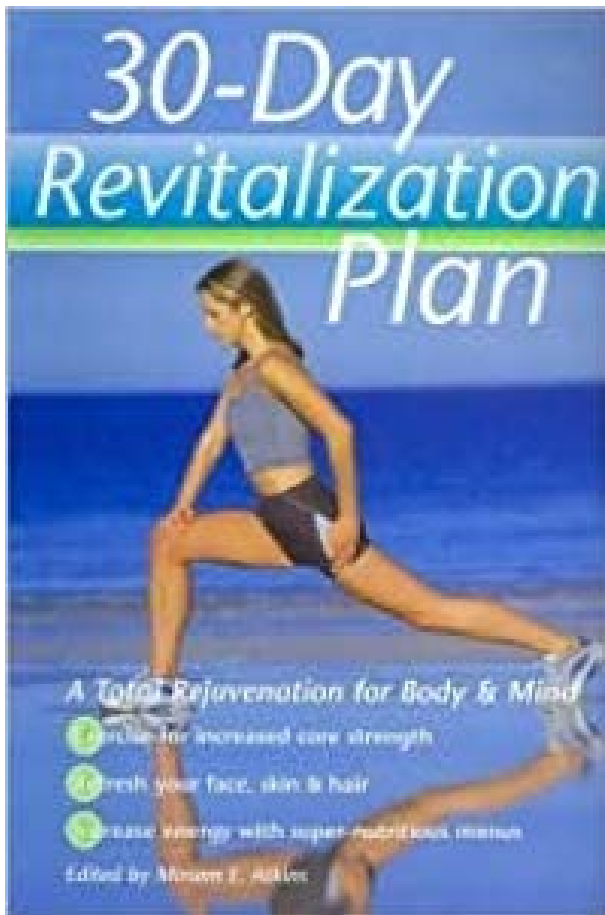


30-Day Revitalization Plan: Total Rejuvenation for Body & Mind



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[**30-Day Revitalization Plan: Total Rejuvenation for Body & Mind.pdf**](#)

[**30-Day Revitalization Plan: Total Rejuvenation for Body & Mind.epub**](#)

In order to reach your fitness goals, you need more than just a diet and exercise regimen. If you want to look good, you must also feel good about yourself. The 30-Day Revitalization Plan will help you recharge both your body and your mind, not only for a month but for a lifetime of wellness. Complete with daily menus and recipes; stretching, aerobic, yoga, and weight training exercises; meditation techniques; spa and aromatherapy treatments; and a purification cure, this all-inclusive plan is the way to renew yourself from head to toe, inside and out.