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10-Q Publishing, Canada, 2009. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Cancer survivor, Roslyn Franken, shares the 9 proven principles that changed her life. In THE A LIST, Roslyn offers practical tools, personal insights and positive inspiration to help people BREAK FREE from self-sabotaging eating, thinking and lifestyle habits; REACH, MAINTAIN and ENJOY a healthy weight and positive lifestyle; TRANSFORM their relationship with food for results to last a lifetime; MINIMIZE weight and lifestyle related health risks such as diabetes, heart disease, high blood pressure, some forms of cancer and more; REDUCE menopausal symptoms; and INCREASE energy and sense of well-being. The book outlines the author's 9 guiding principles for healthy eating and positive living each starting with the letter A. Roslyn explores each as a necessary ingredient for achieving greater health, lasting weight loss and control, and enhanced quality of life. Along with loads of practical tools and information, Roslyn Franken shares personal insights from her own struggles with food, weight, and life management challenges plus real life examples from her weight loss coaching clients. With self-reflective coaching style questions in a workbook format, Roslyn helps people understand themselves and their relationship with food and their inner selves in a newer, deeper and more meaningful way. This helps them relearn how to eat properly and improve their quality of life by making healthy, balanced food and lifestyle choices. The book also includes fast and easy healthy recipes.

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