# Self: The Essential Health and Life Guide for Today s Woman (Paperback)



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## Reviews

This pdf can be worth a read through, and a lot better than other. I really could comprehended everything using this written e book. I am just pleased to explain how this is actually the very best book i have read through in my individual lifestyle and can be he very best publication for actually. (Jaclyn Price)

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Port Campbell Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A blueprint for an extraordinary life. In Self , Linda Friedland provides women with the means to live a more fulfilling life. With case studies of real-life experiences (including Dr Friedland s own), quizzes and weekly practical plans, the book is an inspiring hands-on manual to self-improvement. The book puts women in charge of six essential action areas: \* Empower - Take charge of your own life, your perceptions, your physical body, your selfimage, your relationships, your time and especially your health. \* Embrace - Learn to nurture and take special care of yourself as a woman. \* Eat -Choose the right food for nutrition, pleasure and comfort. \* Exercise - Choose and maintain the right exercise to maintain good health throughout your life. \* Energise - Overcome fatigue and stress and live with greater energy. Find the correct balance that works for you. \* Enrich - Challenge and grow your spiritual muscle to ensure optimal health. Linda Friedland is a health media personality, healthcare professional and international public speaker and consultant. She is the anchor for a medical television show and a feature writer for health and women s publications as well as radio. With more than fifteen years clinical experience in general practice, Dr Friedland speaks on and designs programs on a wide range of health, lifestyle and personal development issues. She is also mother of five children.

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