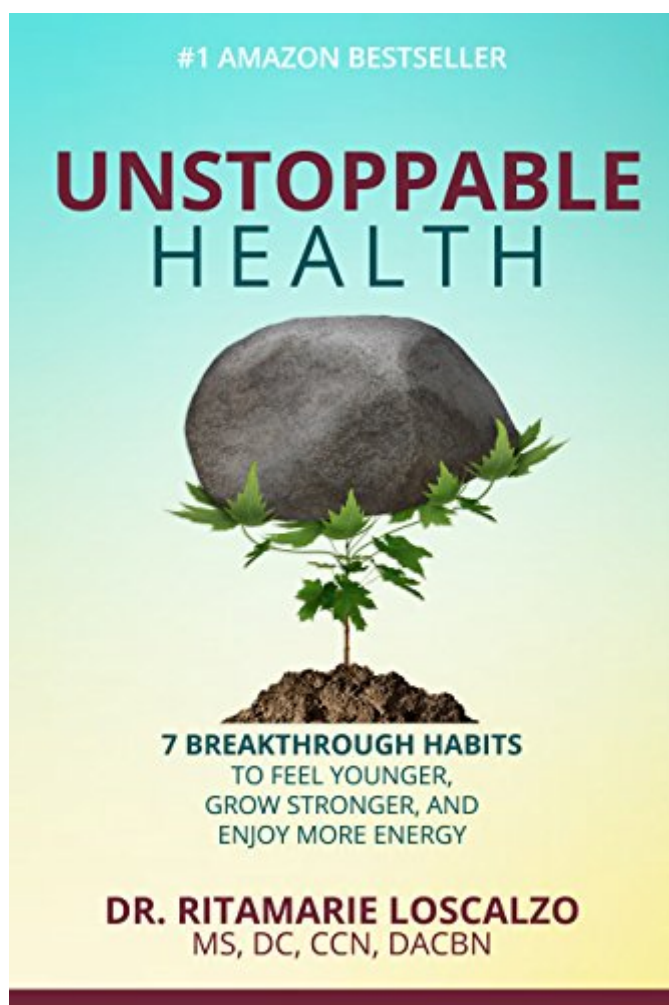


The book was found

Unstoppable Health: 7 Breakthrough Habits To Feel Younger, Grow Stronger, And Enjoy More Energy



Synopsis

This story follows the transformation of Jenny, a young woman on the verge of losing her job (and her mind!) as she struggles with her health, high stress levels, low energy levels, and constant overwhelm. She's unhappy and dissatisfied, but doesn't know what to change or how to change it, in order to improve her health along with her outlook on life. A surprise visit from her health-conscious Aunt Sue has the potential to change everything – but will Jenny be able to effectively change the habits that have led her off the path of optimal health, so she can rediscover the vibrant young woman she once was? A touching fictional story (built on a foundation of real-life situations and people), "Unstoppable Health" is also packed with tons of resources you can use yourself to get started on your own transformational journey, including recipes, advice, and tools for implementing what you learn as you read.***Unstoppable Health means feeling vibrant and radiant, with the energy to do everything you want to, with joy. You can achieve unstoppable health – when you master 7 breakthrough habits revealed in this book that rebalance your hormones, strengthen your body, and enable you to grow stronger and more energetic. Unstoppable Health requires daily practice and commitment, and it's yours for the taking, if you're willing to do the work.

Book Information

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Vegan #53 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical

Customer Reviews

Dr. Ritamarie chose a story telling technique to describe what is possible in transforming your health. I loved the concept of Aunt Sue and the idea that I could eventually have the knowledge to mentor others wishing for a change but not having a clue where to begin. Next, I plan to check out her 3 websites, especially for some of the recipes described in the book.

This was a great book for introducing someone like myself into the world of raw eating. The main character was easy to relate to and her aunt sue was such a wonderful positive person to have buzzing in your head. Her friends are people we all have in our lives as well and this helps you see who you need to reevaluate who you need in your life. All in all this was a insightful book and it helped me see myself making these changes.

I really enjoyed reading this book - told in story form, relatable and written so that anyone can put the strategies into practice. Thank you Dr. Ritamarie.

Really enjoyed the way this book was written. Highly recommend getting the recipes that go along with the book. Dr. Ritamarie insight to health and well being has definitely made a difference in my life.

Jenny's story is so relatable (Patty's too, really). Choose your own adventure . . . Jenny was ready for a life change. Patty could be some day too. One great element of this story is how Jenny's big why touched everyone with whom she came in contact exponentially.

Love the book. I find myself in this very spot from time to time. A good book to read anything you need to be inspired and motivated. This is one book I will read over and over.

Very inspiring -- and a practical and useful book as well! Well written with easy-to-follow health recommendations. I would recommend this book to anyone.

This story was inspirational with the advantage of having a roadmap for success. It was touching and I couldn't put it down. Good read and I can't wait to try the recipes.

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