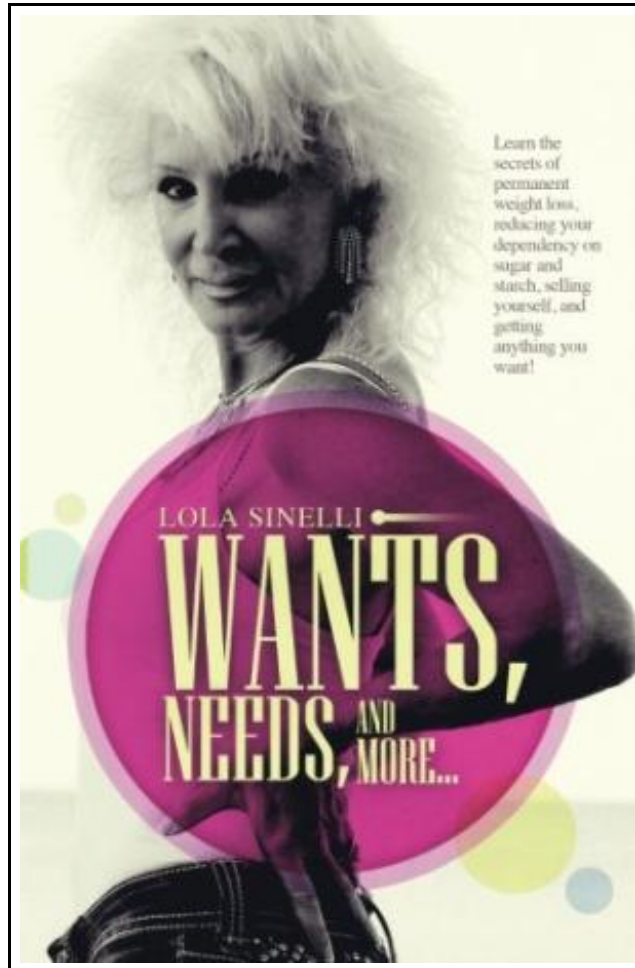


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Reviews

Totally one of the best publication I have got ever go through. It really is packed with knowledge and wisdom I discovered this pdf from my dad and i recommended this book to discover.

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Tate Publishing Company, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. In *Wants, Needs, and More.*, a playfully campy wellness and fitness guide, author and fitness enthusiast Lola Rocket Sinelli shows readers how to put their finger on what they want and need from life in order to carve out a brighter, healthier future. In twenty-five engaging, direct chapters like *Defining Your Wants and Needs*, *Getting Off Sugar*, *Yoga*, and *hormones and Other Drugs*, Lola covers the basics of weight loss, life management, and smart living. For Lola it s a matter of taking small steps in the right direction by keeping everything in moderation. It all comes down to doing the math. Having a passion for life is about, learning new things daily, focusing on making the right decisions and squeezing in a minimum of 20 minutes of exercise three days a week. It s that simple! Lola s mind over matter lessons, which include keeping a food diary and an ingenious trick to combat sugar addiction, help readers get where they want to be. It s a well-known fact that whatever Lola wants Lola gets, but Lola has good news---you can get what you want, too! It s been said for years that, *Whatever Lola wants, Lola gets*, but the fact is---Lola Rocket Sinelli is here to tell us---we too, can get whatever it is we want. In her debut wellness and fitness guide, *Wants Needs, and More.*, she shows us how to take weight off, get in shape, and put the hustle back in our game in a matter of weeks so that we can begin to get what we want---and need---from life. For Lola Sinelli it comes down to taking small steps and making smart, sound decisions...



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