



Wellness on a Shoestring: Seven Habits for a Healthy Life

Michelle Robin

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Whatever your financial resources the power to improve your health is within you. It's in every choice you make, in every moment. Michelle Robin shows you how to harness your inner voice as you practice seven essential habits for complete well-being. Read stories from real people, at all income levels, who've adopted these practices--using little money--and seen their health dramatically improve. Better yet, follow the tips at the end of each chapter to create a lifestyle that leads to a phenomenal experience of body, mind and spirit.



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