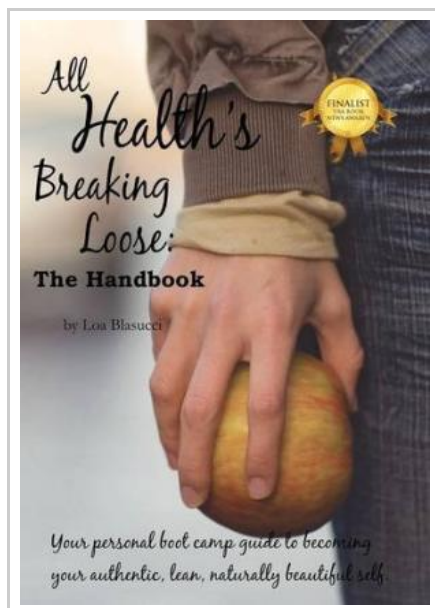




All Health's Breaking Loose: Your Personal Boot Camp Guide to Becoming Your Authentic, Lean, Naturally Beautiful Self (Paperback)

By Loa Blasucci

Outskirts Press, United States, 2010. Paperback. Book Condition: New. 259 x 180 mm. Language: English . Brand New Book ***** Print on Demand *****.Your body represents to the world your history and the emotion you carry inside. This program is about you and the body you want to have. Loa has great respect for the depth of what the human body can endure and the powerful healing machine that it is. She sees the beauty inside you, and wants you to see it, too. There's no need to pay for a torturous workout regiment--her one of a kind program will urge you step by step down a path that will sculpt your body and purify your mind. As you journal your way through this 7-week experience, Loa motivates you with groundbreaking information on food and fitness offering insights all along the way. But, there's a Secret Ingredient, too: All Health's Breaking Loose contains the riches of Loa's 30 years of experience in the beauty and fitness industry. She made her mark in Hollywood as one of the top makeup artists in the business, making our beloved celebrities look their best in fashion magazines, television, and on...



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Reviews

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