



Women in Control A Guide to Creating Your Own Fitness Lifestyle For Body, Mind, and Spirit

By Ann Breen-Greco

iUniverse. Paperback. Book Condition: New. Paperback. 136 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Women in Control: A Guide to Creating Your Own Fitness Lifestyle for Body, Mind, and Spirit is for women of all ages. This book offers you concise, step-by-step guidance for a lifetime plan for taking control of your life and creating optimal well-being and happiness through physical, mental, and spiritual fitness. This practical guide is based on the authors personal journey from loss of health to physical fitness, career achievement, and a rewarding, satisfying life. This book will teach you how to: Work with the life cycles that profoundly affect all womens lives Set yourself up for success, not failure make New Days, not New Years resolutions Create and achieve lifetime goals using mind power affirmations, visualization, and building increased mental capacity Reduce stress and resolve conflict Achieve a healthy and fit body with good nutrition and exercise never say diet again Develop spiritually through control of your inner life This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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