



[(Finding Life's Secret Sauce : How to Fit Good Food, Fitness, and Fun Into Your Crazy, Busy Schedule)] [By (author) Melinda Hinson Neely] published on (April, 2010)

Melinda Hinson Neely

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Do you want to eat well, exercise and be happy? Does a lack of time stand in the way? If so, it's time to fit healthy habits into your busy schedule, without turning your life upside down. Finding Life's Secret Sauce provides a recipe for happy, healthy living. You simply have to find the ingredients that work for you. Eat Up! Forget about diets and deprivation and enjoy good food. Shape Up! Add new twists to the old routine so you get fit and stay that way. Live it Up! Make sure there's plenty of time leftover for fun. Motivation without intimidation, Finding Life's Secret Sauce will help cure the wellness blues!

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