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Health Is Wealth

By Priya Chavan

Partridge India, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a guide to those who are and who are not interested in fitness. It explores and solves several myths and misconceptions of wellness, fitness, exercise and nutrition, Lot of commonly asked questions regarding health, weight loss, anti aging are answered. I have given my own practical experiences with respect to fitness. I have also shared real, live examples and success stories of several members who have lost weight or miraculously and transformed their lives through fitness. My book is a motivation to those who are laid back when it comes to fitness. I encourage you to pursue fitness like a religion, to be done religiously daily. I teach you to worship your body like a temple and treat exercise like prayer. I teach you to treat fitness in totality, body, mind and soul. I have explained overall benefits of health and fitness in simple, easy language with examples . I have provided many options to wellness to avoid boredom and provide variety.



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