



Body, Mind and Spirit: The Awakening, James Hackley, Omega Consulting Ent., LLC, 2011, 0615546560, 9780615546568, . As a result of a major epiphany, James Hackley was able to lose an amazing 50lbs of fat in just 4 months and has sculpted his 46 yr-old body into the best shape ever. He has learned to significantly reduce stress, quiet the mind and get in touch with his spirit like never before. As a result, he's been able to free himself from a lifetime sentence of high blood pressure and high cholesterol prescription medications. More importantly, he's been able to inspire those around him to do the same. In his latest release Body, Mind & Spirit: The Awakening, James explores the root causes of why we overeat, refuse to exercise, live chaotic lives and fail to accomplish the goals that God has intended for your life since the dawn of time. This is not just another diet or weight loss (loss of fat and muscle) book. Diets simply don't work and James emphasizes how we need to be more concerned about fat loss. In fact, this guaranteed bestseller would be better categorized as a Negativity Loss guide; loss of negative fat, negative habits, negative foods, negative people, negative thoughts and negative actions. This guide arms you with knowledge and encouragement to put a plan into action to finally master the things that have long mastered you..

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Body, Mind and Spirit , Elwood Worcester, Samuel McComb, 1931, , 367 pages. .

Technology and the Character of Contemporary Life A Philosophical Inquiry, Albert Borgmann, Mar 15, 1987, Philosophy, 310 pages. Blending social analysis and philosophy, Albert Borgmann maintains that technology creates a controlling pattern in our lives. This pattern, discernible even in such an

The Top 100 Juices 100 Juices to Turbo-Charge Your Body With Vitamins and Minerals, Sarah Owen, Oct 1, 2007, , 128 pages. Did you know that apple juice boosts brain function? Or that wheatgrass can remove toxins from the body? Fresh fruit and vegetable juices are packed full of vitamins, minerals

The Affluent Consumer Marketing and Selling the Luxury Lifestyle, Ronald D. Michman, Jan 1, 2006, Business & Economics, 194 pages. Explains the dynamics of today's affluent consumer and shows marketers how to effectively develop, promote, and sell their products and services to this rapidly growing market..

Top 500 Health Tips , Sarah Owen, 2010, , 640 pages. .

The Smart Guide to Grant Writing For Individuals, Small Businesses and Nonprofits Seeking Funding for Their Programs, Oteia Bruce, Nov 9, 2010, , 205 pages. This comprehensive guide leads grant seekers, either individuals or organizations/companies, through each step of the grant writing process..

