



Sexy, Lean and Strong After 50!: How I Went from Fat, Depressed and Divorced to the Best Shape of My Life.and How You Can, Too! (Paperback)

By Deb Dutcher

Klein Graphics, United States, 2016. Paperback. Condition: New. Christina Klein, Randy Klein (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Deb Dutcher, Health Coach and Corporate Wellness Consultant, tackles the Big Three -- Divorce, Depression and Denial -- and shows those of us over 50 that is not too late to take back our health and happiness. After 20-plus years in a stressful high-tech career, she lost it all -- a 30-year marriage, a son, her health, home and lifestyle. She felt depleted and lost, even coming close to suicide. Little by little, she found the secrets to turning it around. At 63, she is in the best shape of her life! In this book, she will take you through a journey down the Mad-Body Mountain, back to Sexy, Lean and Strong Valley. She certified as an Integrative Health Coach through the Institute for Integrative Nutrition, learning how to dig deep into the real causes of health problems, past just counting calories or spending hours in the gym. She teaches about a new concept, Mad-Body Syndrome a term she has coined to help her clients understand why they are on their own Mad-Body Mountain. Deb identifies the...



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Reviews

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-- Prof. Jean Dare

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