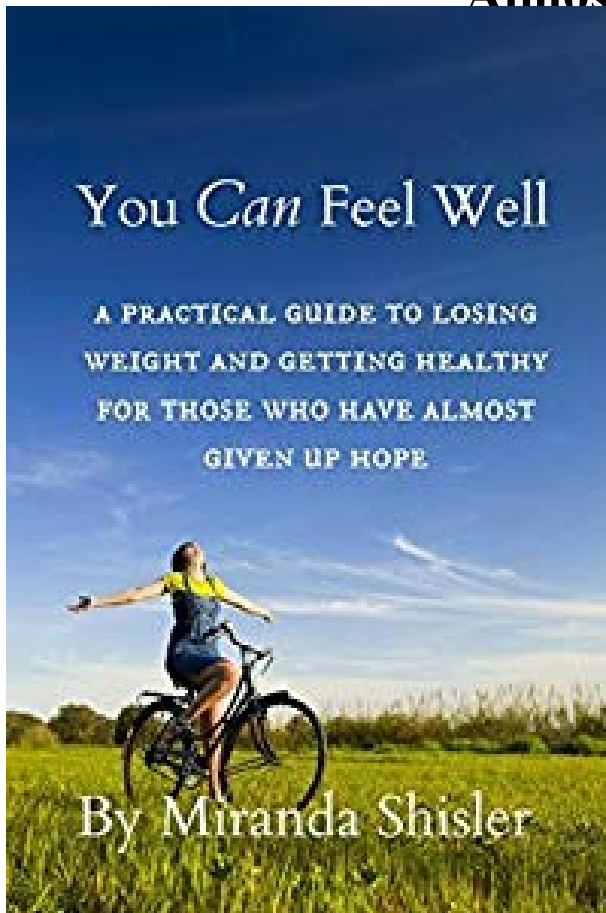


You Can Feel Well: A Practical Guide to Losing Weight and Getting Healthy for Those Who have Almost Given up Hope

| | |
|--------------------------|---|
| Author: | Miranda Shisler |
| ASIN | B00TBYHBGM |
| Goodreads Rating: | 5.00 |
| Published: | February 7th 2015 by Miranda Shisler |
| Genre: | Uncategorized |
| Language | English |
| Pages: | 58 |



[You Can Feel Well: A Practical Guide to Losing Weight and Getting Healthy for Those Who have Almost Given up Hope.pdf](#)

[You Can Feel Well: A Practical Guide to Losing Weight and Getting Healthy for Those Who have Almost Given up Hope.epub](#)

Have you tried everything to lose weight, or to shake off debilitating symptoms like fatigue, anxiety, depression or infertility? Have you been pronounced healthy by your doctor yet you are suffering on a daily basis? Are you tired of lengthy books and expensive fads that overwhelm or promise more than they can produce? Are you ready to give up on the process altogether, since nothing works anyway? Don't give up just yet! In this short, easy-to-read-and-follow ebook, you will learn (from someone who has been there) how to achieve weight loss, find your missing energy, and manage symptoms of thyroid problems, infertility, adrenal fatigue and autoimmune conditions, even if you have been unable to conquer these issues with prescription medicines or diet fads. You will get an introduction to supplements and oils that can renew your metabolism and gut health, recipes and shopping lists that will give you a practical place to start your changes in food, and the emotional reassurance that your health and weight struggles are not all in your head, are not all your fault, and ARE able to be defeated without the process taking over your life. Author Miranda Shisler has been on a life-long journey to overcome these problems, and has learned the things that really work and will get you started on your own journey to wellness and healing.