



Weighed Down: Ditch the Chronic Illness, Lose the Weight and Revitalize with Ease

By Debbi Sanzo-Davis

Sanzo-Davis, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Weighed Down is about the experience and journey to health and self-restoration of the writer, Debbi Sanzo-Davis, a former American Airlines employee who after 30 years of dedication to the company found herself rundown, stressed, overweight, unhappy, and suffering from chronic illnesses including high blood pressure. She was approaching retirement age with no hope for health and well-being in her retirement years. Desperate and anxious to not meet the conventional medicine healthcare fate of the elders, co-workers and others in her life she began her quest for lifestyle change, health knowledge and well-being. Having long been a follower of new age thinking and philosophy greatly influenced by the teachings of Dr. Wayne W. Dyer, and the inspiration of the Hay House family, with recent addition to Jennifer McLean s Healing with the Masters, she expanded her focus to the progressive leaders of the nutrition and self-health movement which included Joshua Rosenthal, Pam MacDonald, Daniel Vitalis, David Wolfe, James Colquhoun and Laurentine ten Bosch. She learned from them and their works, a way to affect the kind of...



READ ONLINE
[8.1 MB]

Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.

-- **Felicia Nikolaus**

These sorts of ebook is the ideal book offered. It can be writter in simple terms rather than confusing. I discovered this pdf from my dad and i advised this publication to understand.

-- **Mr. Alejandrin Murphy PhD**

Other Kindle Books



The Poor Man and His Princess

Mark Martinez, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Poor Man and His Princess is a children s short story about unconditional love, and the connection made...



Coralie

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



The Range Dwellers

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



Finally Free

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Its been four years since Malakais death, and Kinara couldnt be happier. She and Amir are married...



The Stories Mother Nature Told Her Children

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...