



# **Toolkit for Wellness: Master Your Health and Stress Response for Life (Designed for Health)**

## **(Volume 1)**

*Deidre J. Edwards*

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Tired of feeling frustrated about starting *new, "healthy" habits*? Do the promises you make to yourself on January 1st become distant reminders of failure by January 15th?

**Toolkit for Wellness** will shed light on why *you are NOT a failure* and will give you the tools for *assured success* in improved health, reduced stress response—and an actual, doable, habitchanging process that will revolutionize your approach to life itself! By employing *Deidre's Easy Tweaks Method*, you will rock at living an antiinflammatory life inside and out.

**Toolkit for Wellness** will enable you to achieve the health you long for through understanding and applying the concepts behind:

- Tweaking Habits
- Maintaining Change Easily
- Nutrient Dense Foods
- Antiinflammatory Eating
- Great Gut Health
- Quick Workouts at Home

Armed with a new view of how foods are broken down by and react with the body, readers will be able to apply these principles right away for *immediate improvements* in their health and wellbeing. This book will show you that you already have everything you need to *achieve the health you were designed to have*.

Your questions about Paleo, Glutenfree, Whole Food, and Elimination Diets will be answered! You will learn if these are passing trends, and how they may contribute to improved health or not.

Based on her *Designed for Health Seminars*, Deidre Edwards wrote **Toolkit for Wellness** to provide a single, concise resource that hands you the tools you need to take a positive first step toward regaining your health—and *shows you how to keep doing it day after day!*

*This is your answer* for stopping that downwardspiraling stress response, starting daily habit 'tweaks' that will *revolutionize your life and health*, easily exercising at home, and removing the confusion about what is good to eat and why.

Based upon the concept of an antiinflammatory approach to eating, Toolkit for Wellness will *explain the science behind what to eat* and even gives you basic recipes to get you started on a lifelong journey into abundant health.

**Don't delay!** Your improved health and wellness is a breath, a meal, a movement away! **Start today!**

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The reason? Because this Toolkit for Wellness: Master Your Health and Stress Response for Life (Designed for Health) (Volume 1) is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such awesome way makes the content on the inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of gains than the other book get such as help improving your expertise and your critical thinking technique. So , still want to hold up having that book? If I were you I will go to the guide store hurriedly.

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