



## The Successful Single Mom Gets Fit: Look Great and Feel Amazing (Paperback)

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By Honoree Corder

Honoree Enterprises Publishing, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You can get skinny, lean, strong and healthy, feel amazing, and be comfortable in your own skin. Honoree Corder, former single mom and personal transformation expert, helps single moms get fit, make healthy, conscious choices, and love their bodies. When you look and feel great, life is just easier! Integrating Honoree's Big 3: Moving and Breathing, Refuel and Replenish and Rest and Recharge in your life will make getting fit faster and easier than ever before. Single moms will learn how to get and stay fit with minimal effort by cracking their own personal exercise code, loving what they've got, and creating a community of other fit single moms.



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