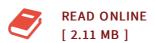




The Successful Single Mom Gets Fit: Look Great and Feel Amazing (Paperback)

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.



Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be writter in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.