

Lessons for MomPositive Living will change how every busy Mom approaches self-care forever! This workbook moves you away from traditional calorie counting and restriction and teaches you how to find the most nourishing foods and lifestyle choices that best serve your unique body in your already busy life. Using this workbook you will: Discover & experiment with mindful lifestyle options, Learn about dynamically nutritious foods, Develop habits that support transformation, weight loss, and healing. Tammi uses an easy to follow, gentle, and loving approach to education and personal transformation that is completely infused with her passion and experience.

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