



# **The Body in Form: Developing healthy habits that promote vitality, balance, and wellness as a way of life (Volume 1)**

*Michele Kadison*

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The Body in Form is dedicated to revealing healthy habits that promote vitality, balance, and wellness as a way of life. The Body In Form is written as a loving letter to your body, mind, and spirit. It is an invitation to live life with more consciousness in terms of what you choose as your daily wellness habits, including food, medicine, and physical practices. Through the suggestions written in these pages you will find greater health and balance, discovering how positively we are affected by a more natural approach to how we treat ourselves. The Body In Form book series is designed to bring you information regarding time-tested health practices and natural formulas.

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