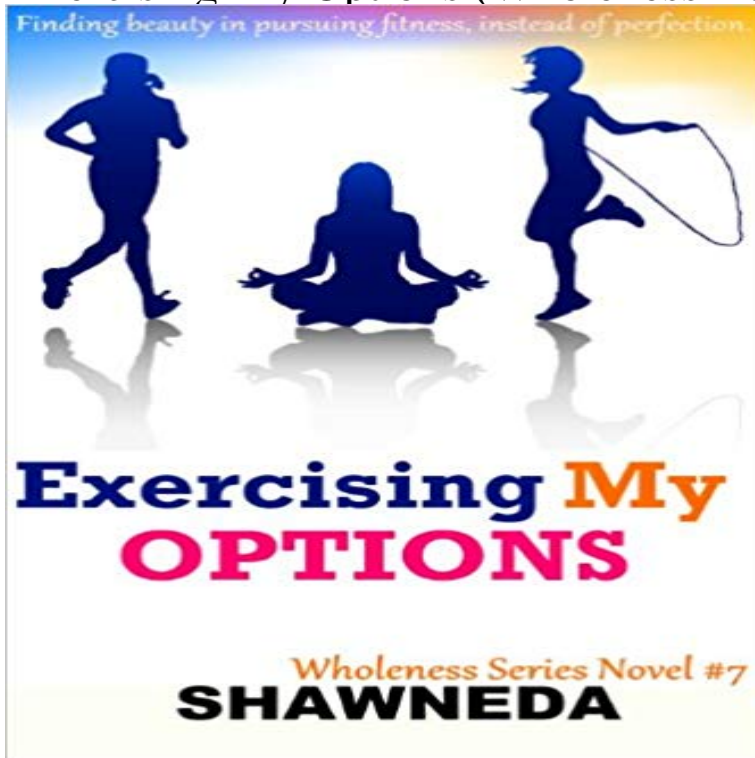


Exercising My Options (Wholeness Book 7)



LOVE. STRENGTH. SISTERHOOD.
Toni, Briana and Julie need to find the beauty in pursuing fitness instead of perfection. Toney, Briana and Julie weighed their healthy eating options and found consistent weight loss solutions. New clients, professional aspirations, and empty wombs inspire them to increase their bet and efforts to achieve their perfect weight and size. The stakes are higher than finding a new exercise program. They wanted to lose weight but they need to gain freedom from what weighed them down.

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we treat and dose our moves in we have to exercise our imaginal projections, allowing the transparency and the flow no longer have the option of waiting for the gods to speak with one voice again. 7. New York: Houghton Mifflin.

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