



Seasonal Awareness and Wellbeing: Looking and Feeling Better the Easy Way

Marie-Claire Wilson

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Feeling and looking better can be a struggle for people needing to balance the demands of a busy modern lifestyle. Harmonising nutrition and exercise practices with the seasons provides you with a simple, flexible framework for improving your wellbeing and losing weight, without counting calories or following an unpleasant exercise regime. This book will help you to re-discover the rhythms of the year, which governed human life for centuries, and will guide you towards a healthy, natural way of living.

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