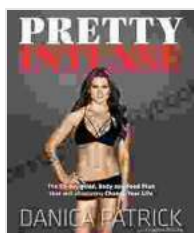


The 90 Day Mind Body And Food Plan That Will Absolutely Change Your Life

Are you ready to make a change in your life? Are you tired of feeling tired, overweight, and unhealthy? If so, then this book is for you.



Pretty Intense: The 90-Day Mind, Body and Food Plan that will absolutely Change Your Life by Danica Patrick

★★★★☆ 4.6 out of 5

Language : English
File size : 69612 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 304 pages
Screen Reader : Supported



The 90 Day Mind Body And Food Plan is a comprehensive guide to help you achieve your health and fitness goals. It includes everything you need to know about nutrition, exercise, and mindset, as well as meal plans, recipes, and workouts.

This book is not a quick fix. It is a long-term solution to help you create lasting change in your life. It is a plan that will help you lose weight, gain energy, and improve your overall health.

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- A 90-day meal plan with recipes
- A workout plan with exercises
- Tips on how to overcome challenges
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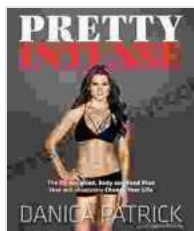
The Benefits of the 90 Day Mind Body And Food Plan

- Lose weight and keep it off
- Gain energy and vitality
- Improve your overall health
- Create lasting change in your life

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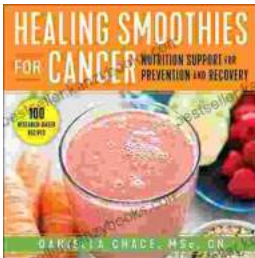
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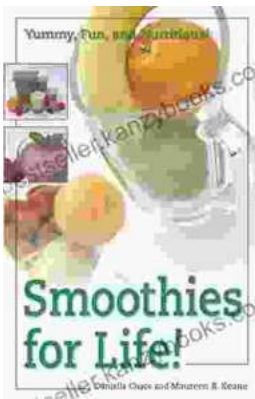
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