



Purple Toolbox: Lose Weight Without a Plan or Diet (Paperback)

By Ann Ashton Schilling

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Purple Toolbox is a unique approach to weight loss. While there are many books on the topic of weight loss, there are few that explain WHY you are overweight and HOW you can change that using a choice of simple tools. Ann Ashton Schilling's Purple Toolbox helps you to understand how your Mind, Body and Spirit are involved in weight loss. And, it inspires you to take action using one or more of the weight loss tools presented. Ann teaches readers to: Focus on what you want to create in your life, including a thinner body. Change any aspect of your body that does not serve you. Acknowledge your spiritual side. In just a few minutes a day you can change your life. If you find her approach helpful, you may find her personal attention even more beneficial. As her gift to you for purchasing this book, Ann offers a FREE Coaching Session to help you Celebrate YOU!.



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