



Balance Your Life, Balance the Scale: Ditch Dieting, Amp Up Your Energy, Feel Amazing, and Release the Weight

Jennifer Tuma-Young

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“Balance is...one of the essential ingredients to a happy, healthy life. Jennifer Tuma-Young’s book simplifies the balance conundrum that so many of us are in, and contains all the secrets, tips, and inspiration needed to live a life in balance!”

—Marta Tracy, Creator of The Style Network and an original founder of E!

A spokeswoman for the world-renowned fitness company, Curves International, and a lifestyle coach who has been named one of “America’s Ultimate Experts” by *Women’s World* magazine, Jennifer Tuma-Young has created a life-changing weight loss program based on a powerful and proven premise: losing weight and keeping it off is not about self-discipline and calorie counting, it’s about creating balance in your life. In *Balance Your Life, Balance the Scale*, Tuma-Young can show you not only how to eat well, but how to live well, with a powerful health, wellness, and inspirational program that succeeds magnificently where so many others disappoint.

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From reader reviews:

Shirley Dildy:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that's look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent 24 hours a day to reading a guide. The book Balance Your Life, Balance the Scale: Ditch Dieting, Amp Up Your Energy, Feel Amazing, and Release the Weight it doesn't matter what good to read. There are a lot of those who recommended this book. They were enjoying reading this book. Should you did not have enough space to bring this book you can buy the e-book. You can m0ore quickly to read this book from the smart phone. The price is not too expensive but this book features high quality.

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Thomas Moore:

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