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Healthy Lifestyle Box Set (6 in 1): Learn Simple Daily Habits To Improve Your Health, Destress And Enjoy A Happier Life (Healthy Living, Self Healing, Simple Lifestyle Changes)

Kathy Stanton, Tammy Daniels, Rick Riley

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Free Bonus Books Included!

Book 1: Baking Soda: Using Baking Soda And Loving It: Discover The Amazing Cleaning, Health And Hygiene Secrets Of Baking Soda

Here Is A Preview Of What You'll Learn...

- What Do You Use Baking Soda For?
- How to Use Baking Soda for Cleaning
- The Secrets to Using Baking Soda for Your Health
- Using Baking Soda for Your Personal Hygiene
- Other Uses for Baking Soda That You Can Benefit From!
- How to Make Your Own Cleaners Using Baking Soda
- Why Love Baking Soda?
- Much, much more!

Book 2: Using Essential Oils And Loving It: How To Use Essential Oils And Aromatherapy For Weight Loss, Skin Care And Stress Relief

In This Book You Will Learn...

- How to Lose Weight With Essential Oils
- How to Use Essential Oils for Stress Relief
- Essential Oils and Emotional Issues
- How to Use Essential Oils for Skin Care

- What Essential Oils to Use for Skin Care
- Different Ways to Use Essential Oils
- Helpful Tips for Using Essential Oils
- Much, much more!

Book 3: Chakra Healing And Loving It: How To Balance The 7 Chakras, Strengthen Your Aura And Heal Your Life

Here Is A Preview Of What You'll Learn Inside This Book...

- What is Chakra and How Can it be Used in My Life?
- The Seven Chakras Explained
- How To Heal The Chakras
- Finding Balance in Your Daily Life
- How To Improve Your Aura
- The Importance Of Taking it One Day at a Time
- Noticing Improvements in Your Life!
- Much, much more!

Book 4: Mindfulness Living And Loving It: Learn How To Live In The Present Moment, Conquer Anxiety And Find Peace And Happiness

Here Is A Preview Of What You'll Learn...

- What is Mindfulness?
- How to Apply Mindfulness Daily
- How to Use Mindfulness to Overcome Anxiety
- Finding Peace
- How Using Mindfulness Can Eliminate Stress
- How to Make Mindfulness Work For You
- Essential Tips for Practicing Mindfulness
- Much, much more!

Book 5: Living The Yoga Lifestyle And Loving It: Beginners Yoga Guide To Lose Weight, Relieve Stress And Calm Your Mind

Inside You Will Learn...

- What is Yoga and How Can it Benefit Me?
- How Yoga Can Help You Lose Weight And Keep It Off
- The Benefits of Yoga for Stress Relief
- How Yoga Can Help You Clear Your Mind
- Where Can I Learn Yoga and What Do I Need?
- Using Yoga in Your Daily Life
- Keeping Up with Your Yoga Lifestyle
- Much, much more!

Book 6: Living Confident And Loving It: How To Build Self Confidence, Overcome Insecurity And Reach Your Full Potential

Here Is A Preview Of What You'll Learn...

- Causes of Low Self-Confidence
- How to Build Your Self-Confidence
- How to Set Goals in Your Life
- How Healthy Eating and Exercise Can Build Confidence
- The Trick To Positive Self-Talk!
- Helpful Positive Affirmations You Can Apply In Your Life Right Now
- Much, much more!

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Robert Watts:

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Shelley Gavin:

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