



40 Days to a New You

Caleb Anderson

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Your health is much more than diet and exercise. Most people fail to reach their physical goals because of non-physical issues. 40 DAYS TO A NEW YOU is for your overall well-being.

40 DAYS TO A NEW YOU is an accessible and inspiring look at living a more all-around healthy life: body | mind | heart | spirit. It's broken up into 40 daily readings that are simple, straight-forward, relate-able and thought-provoking.

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