



The Natural Way: The Holistic Guide to Total Mind-body Health & Fitness

Beth Horn, Jim Rosenthal

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The Natural Way, written by national fitness champion, actress, and model Beth Horn, offers a complete guide to healthy living with eating plans, food lists, and numerous exercise plans specific to your goals. This book is an inspirational celebration of the mind, body, and spirit with an effective plan of action to help you achieve your personal best. It includes chapters on flexibility, motivation, nutrition, exercise, and training for teens. *The Natural Way* is fully illustrated with more than 100 photographs, including eight photos of Beth in full color. Foreword by Steven Hartman, Author of *The Essence of the Bhagavad Gita*.

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