



The Wine and Chocolate Workout: Sip, Savor, and Strengthen for a Healthier Life (Paperback)

By Greta Boris

Fitness Inside Out, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you wish you could afford a personal trainer? Statistically, you are more likely to reach your fitness goals if you hire one. Trainers know their clients aren't going to give up their favorite treats, like wine and chocolate, so how do they have such great success? Learn their secrets with this simple, step by step approach to a healthier, lighter life. Praise for The Wine and Chocolate Workout Many studies have shown the benefits of dark chocolate and wine, but never has this information been so accurately and entertainingly packaged into a single fun and understandable book that will enable the reader to benefit. - Douglas S. Harrington, M.D. and Estrella Harrington, founders of Guard a Heart Greta Boris takes her years of experience in the health field and her expertise as a writer and brings them together in this fun read. The Wine and Chocolate Workout is chock full of great advice, interesting tidbits and, of course, wine and chocolate. I highly recommend it to anyone who wishes to change their perspective. -...



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