



If You Wear Out Your Body, Where Will You Live?: The Little Book of Nourishment for Your Body, Mind and Soul

Barb Schwarz

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If You Wear Out Your Body, Where Will You Live?: The Little Book of Nourishment for Your Body, Mind and Soul Barb Schwarz

If You Wear Out Your Body, Where Will You Live? is the question author Barb Schwarz asks and answers with pertinent advice for readers based on her own remarkable rejuvenation. She followed a plan that replaced 40 overweight pounds with new vitality, and removed 20 years from her face. Here in this easy-to-read little book she reveals the steps to new health and spiritual renaissance--a renewal of body, mind, and soul through nutritional choices and a plan for empowering personal potential. Barb's own "before and after" pictures are testimony to the effectiveness of her program.

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