



## Wants, Needs, and More. (Paperback)

By Lola Sinelli

Tate Publishing Company, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. In *Wants, Needs, and More.*, a playfully campy wellness and fitness guide, author and fitness enthusiast Lola Rocket Sinelli shows readers how to put their finger on what they want and need from life in order to carve out a brighter, healthier future. In twenty-five engaging, direct chapters like *Defining Your Wants and Needs*, *Getting Off Sugar*, *Yoga*, and *hormones and Other Drugs*, Lola covers the basics of weight loss, life management, and smart living. For Lola it's a matter of taking small steps in the right direction by keeping everything in moderation. It all comes down to doing the math. Having a passion for life is about, learning new things daily, focusing on making the right decisions and squeezing in a minimum of 20 minutes of exercise three days a week. It's that simple! Lola's mind over matter lessons, which include keeping a food diary and an ingenious trick to combat sugar addiction, help readers get where they want to be. It's a well-known fact that whatever Lola wants Lola gets, but Lola has good...



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