



## GUTS -- Get Uncomfortable To Succeed: Embracing Health, Balance & Abundance

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By Betty Franklin

Let It Begin With Me Health Promotions (US). Paperback. Book Condition: new. BRAND NEW, GUTS -- Get Uncomfortable To Succeed: Embracing Health, Balance & Abundance, Betty Franklin, This book articulates how the wellness principles we often ignore cause illness and disease. With a focus on being "the best you can be", this book empowers, engages, and encourages you to enhance your effectiveness and efficiency as it relates to your health and life. Research on healthy living is vast, but generally we fail in the execution of living truly healthy lives because we are unable to keep our approaches holistic and simplistic. Being healthy and well is not just about being physically fit and having good nutritional habits, nor need it be dependent on medicine and our healthcare system. This book demonstrates that health and wellness is rooted in individual thoughts, disciplines, and interpersonal relationships. It demonstrates how vital it is to take personal responsibility to maintain a healthy, balanced lifestyle and thus thrive in life. GUTS shakes up your whole approach to health and well-being.



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