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Your Holistically Hot Transformation follows Marissa's wellness journey from unfulfilled corporate professional to purpose-driven women's lifestyle aficionado committed to making healthy, fit and balanced (aka Hot), less intimidating, more approachable and totally attainable to women regardless of where they are on their own path to a ...

Your Holistically Hot Transformation: Embrace a Healthy

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Your Holistically Hot Transformation Embrace A Healthy

"Your Holistically Hot Transformation is written by Marissa Vicario, a graduate of the Institute for Integrative Nutrition, where she completed a cutting edge curriculum in nutrition and health coaching taught by the world's leading experts in health and wellness.

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"Your Holistically Hot Transformation: Embrace a Healthy Lifestyle Free of Dieting, Confusion and Self-Judgment by Marissa Vicario is an uplifting book that increases readers' awareness of health and wellness, and speaks about embracing a lifestyle that is free of dieting, yet at the same time healthy.

Your Holistically Hot Transformation: Embrace a Healthy

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Your Holistically Hot Transformation {Book Review} Get yourself on the healthy path in life after reading Your Holistically Hot Transformation book. You'll learn all about the diet mentality, eating whole foods, and finding yourself feeling healthier when you finish.

Your Holistically Hot Transformation {Book Review}

Your Holistically Hot Transformation (review inside) is a must read if you struggle with confusion around nutrition, yo-yo dieting and self-judgment.

Your Holistically Hot Transformation: Review

Your Holistically Hot Transformation by Marissa Vicario is the perfect guide for those just starting their healthy living journey and those that have been traveling already. Packed with valuable steps to help you become your most holistically hot self, this book is a must read!

Your Holistically Hot Transformation Review & GIVEAWAY!

your therapist will help calm both mind and body. This full body massage is designed to rebalance, ground and soothe, finishing with a re-energizing face massage using warm rose quartz crystals. WOODLANDS MASSAGE (50 MIN) Your choice of traditional Swedish, Deep Tissue or Hot Stone massage personally tailored to suit your individual needs.

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You can change your cookie settings at any time. ... Definition of holistically in English: holistically. adverb. See holistic. Example sentences "The truth is all of these issues need to be viewed holistically." "I knew I had to do this holistically by addressing the spiritual, physical and emotional parts of me," she said. ...

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