



Body Revival: Lose Weight, Feel Great and Pump Up Your Faith (Paperback)

By Victoria Johnson

Hci, United States, 2002. Paperback. Condition: New. Language: English . Brand New Book. Whether they are professional basketball players or working moms, whether their goal is to have six-pack abs or to have more energy to keep up with their toddler, people are turning to Victoria Johnson to help them achieve their fitness goals. Her program has them looking better, feeling healthier and enjoying renewed energy and self-confidence. More than a decade ago Victoria underwent her own Body Revival. She had waged a losing battle with her weight since childhood and faced the beginnings of type II diabetes and a host of other health problems including chronic fatigue, depression and bulimia. After blacking out in the middle of an exercise class, she realized she had to make some major life changes. She began a journey that culminated in good health, a great body and a successful career in the fitness industry. Now Victoria shares with readers how to reclaim and recharge their health using her Body Revival Program. While most diet books focus on adhering to rigid routines, Body Revival focuses on making a few key lifestyle changes, and at the same time, healing the spirit. Using her unique 3...



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