



Quit Skinny! 31 Day Quick Start

Connie R. Clay

[Download now](#)

[Read Online](#) ➔

Quit Skinny! 31 Day Quick Start

Connie R. Clay

Quit Skinny! 31 Day Quick Start Connie R. Clay

The Quit Skinny! 31 Day Quick Start is an extension of Quit Skinny! 7 Simple, Sane Steps to Wellness. It is a workbook and journal for women who need extra help starting their wellness programs. This book is for women who want to see quick results while using the steps learned in Quit Skinny!. The 31 Day Quick Start includes a 31 day journal, a shopping list, a list of foods to buy organic, recipes, and inspiring Scriptures and quotes.

Quit Skinny! 31 Day Quick Start Details

Date : Published September 7th 2014 by She Flourishes, Incorporated

ISBN : 9780990389217

Author : Connie R. Clay

Format : Paperback 156 pages

Genre : Nonfiction, Food and Drink, Diets

 [Download Quit Skinny! 31 Day Quick Start ...pdf](#)

 [Read Online Quit Skinny! 31 Day Quick Start ...pdf](#)

Download and Read Free Online Quit Skinny! 31 Day Quick Start Connie R. Clay

From Reader Review Quit Skinny! 31 Day Quick Start for online ebook

Camille BLESS says

A great workbook to help you become well, with great recipes you will definitely be loving your wellness journey. This book is a great accompaniment to Quit Skinny the previous book by the author.

A great tool

Cindy says

So, this book is awesome! For anyone looking for a positive change in their life/looks, then this is for you. The book provides real tips for you to kickstart your change in your lifestyle. This book is amazing because it includes inspirational quotes, a shopping list full of yummy foods, and space for you to write down/keep track of your progress. With this book, you will be on your way to a healthy lifestyle, and if you have the book "Quit Skinny! 7 Simple, Sane Steps to Wellness," this workbook goes right along with that.

Taylor Smith says

I really enjoyed this book from author Connie Clay. It went along perfectly with the other book that I read from her. The author was very open and honest while providing real tips to keep readers healthy. I enjoyed this book as I was able to use it as a workbook. For me, sometimes it's hard to get motivated to want to exercise as I am always so busy. The workbook has helped me to keep a better schedule and to stay more motivated to my exercise plan. The shopping list included in the workbook also helped me to write down things I need and to keep things that are not healthy off my list. Great book!

Susan Walker says

A great book that gives you easy steps to a healthier you. It also contains journal pages for you to complete and keep track of things.
