



Shea Vaughn's Breakthrough!: The Breakthrough Method for Lasting Life Change (Paperback)

By Shea Vaughn

HEALTH COMMUNICATIONS, United States, 2011. Paperback. Book Condition: New. 226 x 163 mm. Language: English . Brand New Book. As the founder of SheaNetics(R), Shea shares her revolutionary lifestyle, wellness, and exercise practice. With authority and passion, she reveals the heart of SheaNetics(R), The 5 Living Principles of Well-Being: Commitment, Perseverance, Self-Control, Integrity, and Love, and shows women how to incorporate the Principles into their daily lives to increase energy, reduce stress, and break down emotional barriers. SheaNetics(R) takes mind-body transformation to another level with a fresh self-styled approach to exercise that combines yoga, pilates, tai chi, martial arts, ballet, and more, along with the performance-boosting benefits of core power training. By learning how to unify your mind, body, and heart, you will achieve optimal wellness and tap in to your potential to look and feel your best on the inside and out. Shea Vaughn is a fitness expert, professional trainer, and wellness coach with a lifetime of mind-body experience. Shea has gained national recognition as an inspirational speaker and media personality and is admired by a devoted group of students and clients including athletes and celebrities, helping them all to build strength and flexibility, prevent injuries, stay in the...



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