



The Official Book of Me: Tips for a Lifestyle of Health, Happiness & Wellness

Marlene Wallach

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Take care of yourself with style using this ultimate wellness guide, tailored to tweens and packed with tips, quizzes, and advice from a modeling agency executive.

Would you rather feel great, or look great? You don't have to choose with *The Official Book of Me*, because this collection of guidance for healthy and happy living will help you radiate beauty inside and out. A custom-cultivated combination of the best info from the previously published *My Self* and *My Life*, both from Wilhemina Kids & Teens modeling agency president Marlene Wallach, *The Official Book of Me* covers a broad spectrum of wellness information. From healthy nutrition and exercise habits to the art of negotiating and relaxation techniques, the content of this indispensable book will help you discover your uniqueness and be the best you can be.

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Helga Lever:

Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your current free time/ holiday? Might be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled The Official Book of Me: Tips for a Lifestyle of Health, Happiness & Wellness can be very good book to read. May be it is usually best activity to you.

Brandy Hagaman:

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Alta Valentin:

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Thomas Krieg:

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