



The Mind, Body & Soul Diet: Your Complete Transformational Guide to Health, Heal

Jennifer Nicole Lee

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Healthy! Healed! Happy! JENNIFER NICOLE LEE, bestselling author and lifestyle expert, reveals her complete program for weight loss and wellness! The Mind, Body & Soul Diet is revolutionizing the way people will lose weight and get fit forever. In The Mind, Body & Soul Diet, International fitness celebrity Jennifer Nicole Lee will teach you how to •lose weight! •eat delicious antioxidant-rich foods! •create anti-aging beauty rituals you'll actually enjoy! Jennifer Nicole Lee's inspirational 80-pounds-plus weight-loss success story has motivate millions worldwide. A highly sought wellness guru, Jennifer's been featured on Oprah, CBS Early Morning Show, Fox & Friends and E! Entertainment! Now her priceless health expertise is yours in this break-through book. Featuring a foreword by bestselling author Dr. Joe Vitale, The Mind, Body & Soul Diet will forever improve the quality of your life. This book is also being heavily endorsed by some of the biggest best selling author names ever! Jack Canfield of the best selling series "Chicken Soup for the Soul" and featured author in "The Secret" endorsed JNL's book, as well as Marci Shimoff, #1 New York Times Best Selling Author of "Happy for No Reason" also has endorsed this innovative book.

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