



Mastering the Balance of A Healthy Life and Body: A Simple guide to a Healthy Lifestyle in 90 days

By Patricia Riley Smith

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Do you feel older than your age? Are you tired in the morning, exhausted by the end of the day and experiencing a lot of brain fog in between? Do you find your patience being tested more easily and your sex drive is MIA? Do you struggle to lose weight, even having tried every diet out there?

With twenty six years in the Wellness industry and her experience as a Health and Lifestyle coach, Patricia will guide you to your healthy life and body!

- Find out where true health begins and why
- Understand what areas of life if “off” can flip your world upside down!
- Discover how food impacts your mood and your life
- And much more!

Don't wait for the next diet fad or exercise trend...now is the time to break that vicious cycle!

If you follow the information given in this book...
IT WILL CHANGE YOUR LIFE!

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Editorial Review

About the Author

When Patricia was 8 years old she suffered her first Asthma attack. This would begin a cascade of allergies and then eczema; all of which she would suffer with for most of her life. Today she has little to no signs of any, and has two things to thank for it...a healthy life and a healthy body! Patricia is a biker, runner and lover of all things active. She shares this passion with her two daughters, amazing partner and his two children. Patricia is passionate about empowering and inspiring others to “Live their Best Life”! She is the owner of Tranquility In Balance Center for Wellness in Yarmouth, Maine. Patricia created “Balanced Lifestyle Solutions” offering group and individual coaching and feels blessed to share this valuable information to help change lives! She didn’t just write the book for you...she is with you every step of the way!

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