



# The Feelgood Plan: Happier, Healthier & Slimmer in 15 Minutes a Day

*Dalton Wong, Kate Faithfull-Williams*

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**The Feelgood Plan: Happier, Healthier & Slimmer in 15 Minutes a Day** Dalton Wong, Kate Faithfull-Williams

*“He changed my body for a movie, but gave me the skills to change my life.*

*Dalton is different to other trainers because he understands what my body needs—how to exercise, when to unwind, how to enjoy food. I’m so happy he’s written a book with such a wonderful message.”*

—Jennifer Lawrence

Celebrity trainer Dalton Wong and health writer Kate Faithfull-Williams have a powerful message to share: in just 15 minutes a day you can change your body and mind for life. *The Feelgood Plan* is packed with positive ideas, practical advice, and interactive quizzes. It helps you tune in to what really makes your body feel great, from quick and effective do-anywhere workouts to healthier versions of your favorite foods. Whenever you feel tired or stressed, this wonderfully fresh approach to achieving good health will get you back on track—and make you look and feel younger. There’s even a 12-week plan for putting all your healthy intentions into action!

*Jennifer Lawrence will contribute a foreword.*

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#### **James Stover:**

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity this is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent all day every day to reading a guide. The book The Feelgood Plan: Happier, Healthier & Slimmer in 15 Minutes a Day it is very good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book from the smart phone. The price is not to cover but this book features high quality.

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