

1. Record Nr.	UNINA9910148922003321
Autore	Hudson Kate
Titolo	Pretty Happy: The Healthy Way to Love Your Body
Pubbl/distr/stampa	White Pine Press
ISBN	0-00-817201-3
Descrizione fisica	: ill
Disciplina	613.71
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	A smart health and fitness bible from inspirational actress Kate Hudson. A smart beautiful book from a smart inspirational actress and fitness icon. Kate Hudson will share her insights into how every woman can live healthy, strong and beautiful - from the inside out. For Kate Hudson the key to living healthfully is simplicity and positivity. The book includes lots of real-world ideas for eating better, making exercise enjoyable and for clearing the mind to leave space for positive thinking. Kate Hudson's subscription-based fitness clothing retailer, Fabletics, has been a massive success. Packed with information and inspiration, Kate Hudson's relatable beauty and dedication to wellness will come through on every page.