



Love Yourself to Health... with Gusto!: Toxic Relationships, Toxic Food, Toxic Thoughts... No More!

Jeanine Finelli

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How do you build a healthy life during and after a toxic relationship? Are you toxic to yourself? If your relationship is destructive and is repeatedly sabotaging your health, emotions, and your well-being, then it sure as hell isn't love. Toxicity takes many forms, from hurtful words to physical blows, unloving gestures, deceitfulness, or betrayal. Do you want more of the same, or do you want to live your life with zest, joy, and delight? Quit talking negatively to yourself and stop choosing foods that are hurting, not healing you. The *ABC Guide* will show you how to shed all that is not serving your soul and body. Toxic relationships, toxic food, toxic thoughts... no more! This book will leave you healthier, happier, whole, and even a little hotter, Bella!

Jeanine Finelli offers nourishment for your mind and teaches you about food and lifestyle habits that will fortify your body and spirit as you begin your journey toward health and happiness.

Empower yourself and love yourself to health. No one can do it for you.

Reviews

"Once I began reading, I could not put this book down."

- Anne Bruce, Bestselling Author of *Discover True North*, and *Be Your Own Mentor* (McGraw-Hill)

"Simple words of advice yet so wise, so necessary in the world of today."

- Gregory E. Lang, *New York Times* bestselling author

About the Author:

Jeanine Finelli is a Certified Health Coach and Speaker with a private counseling practice. She conducts private phone sessions for clients nationwide, and believes in practicing what she preaches. Jeanine's two children are all the reason she needs to leave a legacy of wellness behind her.

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From reader reviews:

Lois Yale:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, going to beach, or picnic in 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 free of charge time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the reserve untitled Love Yourself to Health... with Gusto!: Toxic Relationships, Toxic Food, Toxic Thoughts... No More! can be good book to read. May be it is usually best activity to you.

Cheryl Thornton:

Do you have something that you like such as book? The book lovers usually prefer to opt for book like comic, quick story and the biggest the first is novel. Now, why not striving Love Yourself to Health... with Gusto!: Toxic Relationships, Toxic Food, Toxic Thoughts... No More! that give your fun preference will be satisfied by means of reading this book. Reading routine all over the world can be said as the means for people to know world better then how they react toward the world. It can't be explained constantly that reading practice only for the geeky man or woman but for all of you who wants to end up being success person. So , for all of you who want to start studying as your good habit, it is possible to pick Love Yourself to Health... with Gusto!: Toxic Relationships, Toxic Food, Toxic Thoughts... No More! become your starter.

Natalie Althoff:

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Latricia Wynkoop:

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