

# Health-Full

A HOLISTIC APPROACH TO YOUR  
HAPPIEST & HEALTHIEST SELF

Zenny Middleton



[CLICK HERE TO BUY YOUR COPY TODAY](#)

# ABOUT THE BOOK

ARE YOU READY TO FEEL EPICALLY HEALTHY, WONDERFULLY ABUNDANT AND HARNESS A LOVING RELATIONSHIP WITH YOURSELF?

**Amazing! That, my love, is what health-full is all about.**

When you start your health journey, it's natural to do everything you feel you should be doing - drink green juice, meditate, become a gym bunny. I did all that too. But I quickly realised there was still something missing. Like you, I wanted to feel more than healthy. I wanted to feel health-full.

**Full of energy, full of abundance and full of life!**

This is what health-fullness is all about and I want to share it with you.

This book is an holistic approach that teaches you how to become health-full. You can read and action the 12 easy-to-follow lessons to unleash true health-fullness in all areas of your life. You'll also discover the secrets to becoming the healthiest version of yourself - whilst upping your self-worth game at the same time.

Let's enrich your mind, body and soul to become the happiest and healthiest version of yourself possible because you, gorgeous, deserve the life of your dreams. It's time to shake off your limiting beliefs, heal the relationship you have with yourself and take love-driven inspired action to create the most amazing life possible.

A life full of passion, full of purpose and full of love.

It's time to get health-full!

Available on  
**amazon**kindle

Available in paperback & kindle