



Breaking Your Fat Girl Habits: weight loss mistakes even healthy chicks make!

By Danielle Pashko

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You should get the gold medal for your diet and exercise efforts. You've done it all - juice cleansing, vegetarianism, raw foodism, gluten-free, Paleo™. You have a designated spot in your yoga class and on alternate days you're committed to Spinning®, Pilates and Zumba®. So why is the body you're hoping for not manifesting? Before you blame genetics for not looking the way you want (and you're positive you've done everything possible to drop those pesky pounds), maybe there's something you've missed. Fitness and nutrition expert, Danielle Pashko's surprising insights may astonish you when you discover what you've been overlooking.

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Bibliography

- Sales Rank: #593158 in Books
- Published on: 2015-08-17
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .29" w x 6.00" l, .40 pounds
- Binding: Paperback
- 128 pages

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Editorial Review

About the Author

Danielle Pashko is a New York City based Wellness practitioner with almost two decades of experience. She is a holistic nutritionist, certified yoga instructor, licensed massage therapist, fashion model, thyroid cancer survivor and author of "Smile At Your Challenges".

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