



Green Smoothie Habit: Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide

By Jane Haddad

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Green Smoothie Habit: Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide By Jane Haddad

Green Smoothie Habit is more than a cleanse, detox, diet book, recipe encyclopedia or cookbook. It is about more than physical weight loss. It is a well thought out integration of two vital life components:

- How to build the green smoothie habit and never again worry about not getting your greens
- How to achieve your dreams through a thoughtful, pleasurable set of doable action steps

No matter what your regular diet is, whether you are a meat eater, vegetarian, vegan, raw food, paleo, gluten free, etc., green smoothies offer an easy and simple nutrition solution that can also help you boost your positivity and cheer, stabilize your weight and soothe your emotions.

During your 28 days of drinking your greens, you may experience some or all of the following:

- Lose an inch or two of belly fat
- Lose four to eight pounds
- Enjoy softer skin and fresher breath
- Experience more energy and positivity
- Feel beautiful, inside and out

The Thoughts of the Day, Affirmations and Action Steps help you build your inner foundation and support system for a life long green smoothie habit. Green smoothies shower you with antioxidant and phytonutrient benefits, gently and lovingly rinsing you clean from the inside out. It is inspired by and complementary to the green smoothie revolution.

Each day you will drink your greens and discover something wonderful about yourself. Jane Haddad guides you step by step through her 28 Day Success Guide, integrating practical how-tos for building your green smoothie habit with inspiring support and motivation for achieving your dreams.

Simple and Easy

Green Smoothie Habit doesn't burden you with complicated green smoothies that require expensive and hard to find ingredients. Greens, fruit and water are the simple recipes offered in this book.

- You will learn what greens do for your body and mind, how to utilize them and why you should
- How to clean, store and blend your greens
- Valuable tools and tips
- Daily and weekly shopping lists
- Jane's Beauty Water Formula
- Two Bunch Bonus Day and more

With plenty of writing space and beautiful imagery, this book also serves as an inspiration to, and a memoir of your greens drinking journey, sure to become not only one of your favorite green smoothie books, but also one of your most cherished mementos.

Note from Jane:

My dear green smoothie friend,

It is my pleasure to bring you Green Smoothie Habit, Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide.

I have created a wonderful life tool and I can't wait for you to get started. This is no ordinary green smoothie book.

You can be confident it works. When I first began my website in October 2010, I presented this program as my 30 Day Protocol. Versions of it were also offered in two different eBooks to field test it. Actually, I didn't know I was field testing it because at the time I didn't know it would become a book. I was just excited to find green smoothie friends and share the joy of drinking my greens with them.

They taste tested the smoothies and completed the Action Steps, the positive tools I provide you that can be used in your whole life, not just the green smoothie portion of it. Finally, the protocol and eBooks were merged, redesigned and edited, polished and loved up to bring you this book, the chlorophyll cream of my crop.

Whether you are a beginner or an experienced green smoothie drinker, 28 exciting days await as I take you beyond the blender. I don't want to give it all away here, but I think you will be pleased. This book is a road trip and I put you in my green smoothie car and drive you to the finish line. But you are the one that crosses it. Welcome.

Click Amazon's 'Look Inside The Book' feature to sample a taste of Green Smoothie Habit.

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Green Smoothie Habit: Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide By Jane Haddad Bibliography

- Sales Rank: #870926 in Books
- Published on: 2013-09-09
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .69" w x 6.00" l, .89 pounds
- Binding: Paperback
- 302 pages



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Editorial Review

Users Review

From reader reviews:

Ruben Martin:

In this 21st one hundred year, people become competitive in most way. By being competitive right now, people have do something to make all of them survives, being in the middle of often the crowded place and notice by means of surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. Yes, by reading a publication your ability to survive enhance then having chance to stand up than other is high. For yourself who want to start reading a book, we give you this kind of Green Smoothie Habit: Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide book as beginning and daily reading reserve. Why, because this book is greater than just a book.

Teressa Fernandez:

A lot of people always spent their particular free time to vacation as well as go to the outside with them family members or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity this is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a reserve. The book Green Smoothie Habit: Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too expensive but this book provides high quality.

Susan Romero:

The reason why? Because this Green Smoothie Habit: Drink Your Greens To Achieve Your Dreams, 28 Day Success Guide is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will distress you with the secret this inside. Reading this book adjacent to it was fantastic author who all write the book in such awesome way makes the content on the inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This excellent book will give you a lot of benefits than the other book get such as help improving your ability and your critical thinking means. So , still want to postpone having that book? If I ended up you I will go to the publication store hurriedly.

Judith Bryant:

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