



# **Your Holistically Hot Transformation: Embrace a Healthy Lifestyle Free of Dieting, Confusion and Self-Judgment**

*Marissa Vicario*

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Your Holistically Hot Transformation (Holistic Health and Nutrition) Are you tired of fad diets and all-juice cleanses? Confused about all the conflicting nutrition information available? Over feeling guilty for your nutrition slip-ups? Finally learn to trust yourself to make slimming, nutritious and energizing choices without dieting, confusion and self-judgment! Award-winning Health Coach and Women's Lifestyle Expert, Marissa Vicario, wasn't always as healthy and happy as she is today. There was a time when her diet had more macaroni and cheese and G&T's than broccoli and green smoothies. It wasn't until she hit rock bottom that she realized something had to change, and it was in that moment that she vowed to make her physical, mental and emotional well-being a top priority. Your Holistically Hot Transformation follows Marissa's wellness journey from unfulfilled corporate professional to purpose-driven women's lifestyle aficionado committed to making healthy, fit and balanced (aka Hot), less intimidating, more approachable and totally attainable to women regardless of where they are on their own path to a healthy lifestyle. You'll find advice for making healthy living a habit, tips for stocking a healthy kitchen, guidelines for understanding the hunger and fullness cues your body sends you, simple ideas for self-care you've never tried before and a sprinkling of fast, fool-proof recipes and motivational mantras. Smart, honest, and actionable, Your Holistically Hot Transformation is the most relatable health and nutrition book of its kind.

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