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Before and After: Real Stories of the 10 Years Younger in 10 Weeks Programme (Your Best Self Seeds) (English Edition)



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and charisma have made her a wellness guru for women of all ages. This Mini book reveals in detail the issues some users have faced before adapting their new lifestyle, and how it has changed their lives ever since. I followed Thorbjrgs 10 Years Younger Program, and was truly delighted with the results. Her deep understanding of nutrition, as much as her motivating personality, made the experience a complete success; and I am certainly not alone in my belief that Thorbjrgs work has the power to make a huge impact on todays culinary and fitness culture. Tamara Rappa, Senior Accessories Editor, The Oprah Magazine

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