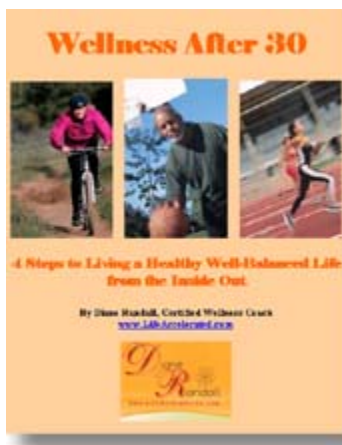


**Wellness After 30: 4 Steps to Living a Healthy, Well-Balanced Life from the Inside Out**  
by Diane Randall

- Are you an adult over 30?
- Would you like to increase your energy, vitality & peak performance?
  - Are you wondering exactly how you can do that?



If so, my e-book, ***Wellness After 30: 4 Steps to Living a Healthy, Well-Balanced Life from the Inside Out*** is for you!

I'm **Diane Randall**, **Certified Wellness Coach**. I created this e-book as a part of my mission (and passion)--which is to help people like yourself gain more balance, wellness and vitality in their lives.

I wrote it from the experience of my own journey towards wellness, which began about 15 years ago as I encountered a physical, health and emotional crisis. I decided to pursue a better, healthier way of living in order to enhance the quality of my life as I got older.

As I began researching, soul searching and defining what was important to me, I discovered the key to health and wellness...and I want to share it with you in my e-book!

In ***Wellness After 30***, you'll learn about:

- The concept of wellness, and how to create your own personal wellness definition
- What a lack of wellness can create
- Simple ways to incorporate wellness activities into your life--no matter what life stage you're currently at
- Tools to guide you towards the first steps in achieving your wellness goals
- The eight life areas that need to be balanced to ensure wellness
- Workbooks and "goal sheets" that will help you document your path to wellness
- Great ideas for wellness activities that you can incorporate into your busy schedule

With ***Wellness After 30: 4 Steps to Living a Healthy, Well-Balanced Life from the Inside Out***, achieving a great, quality life is easier than you probably thought possible!

Because I can't wait for you to truly start experiencing the benefits of wellness, I'd love to offer ***Wellness After 30*** to you at a discount:

**Former price: \$17.99.....Current price: Only \$12.50!**

OR, purchase *Wellness After 30* and my other e-book, *Top 5 Ways to Wellness for Women Over 30* together for only \$20.

*That's a 20% discount!*



*Wellness After 30: 4 Steps to Living a Healthy, Well-Balanced Life from the Inside Out*



*Top 5 Ways to Wellness For Women Over 30*

**Buy together for \$20  
(a 20% discount!)**

**Buy!**



*Wellness After 30: 4 Steps to Living a Healthy, Well-Balanced Life from the Inside Out*

**\$12.50**

**Buy!**

Immediately after you order, you'll receive an email with instructions on how to view and/or download your new e-book right away. A quick, easy and convenient way to wellness is just a click away!

**So, stop merely "surviving" day-to-day, and start really living life to the fullest!**