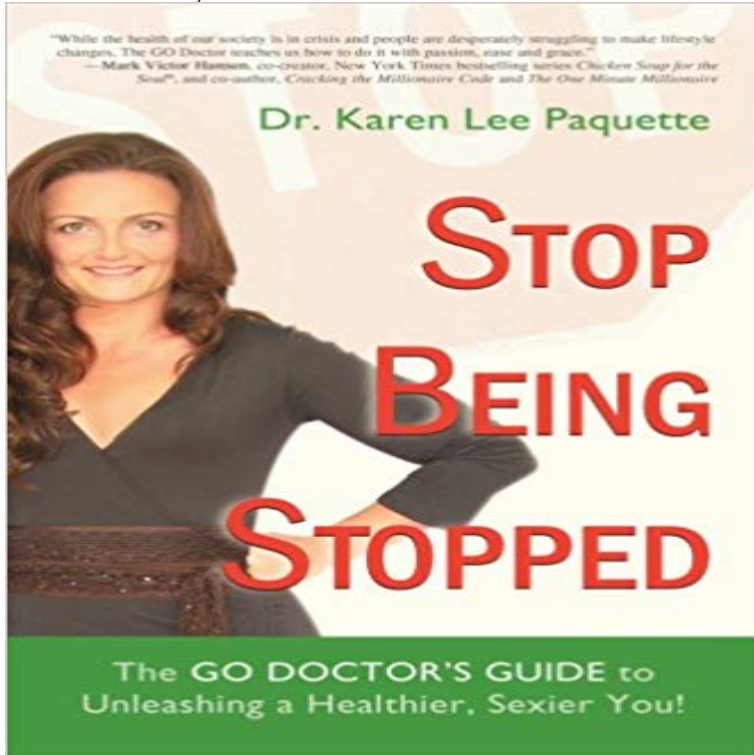


Stop Being Stopped: THE GO DOCTORS GUIDE to Unleashing a Healthier, Sexier You!



Imagine having an unlimited amount of energy, an effortless sense of discipline, a tremendous willpower, and an endless desire to nourish your body and mind. You can wake up every morning so excited because you have a passion to practice the principles of genuinely healthy living. Imagine how much more successful, accomplished, fit, and fulfilled you would be! In *Stop Being Stopped*, physical therapist, naturopath, and life coach Dr. Karen Lee Paquette helps you identify and overcome what's stopping you from reaching your dreams and reveals the four keys to looking, feeling, and being your very best today and always. Dr. Paquette makes it easy to integrate these four principles into your life by using naturopathy and tapping into the infinite power of passion to: Optimize your physical energy levels, Nurture your health and well-being, Say no with confidence to anything that may sabotage your achievements, Achieve the goals you set with ease. Sharing an intimate account of her own personal struggles and triumphs, *Stop Being Stopped* will inspire you to live with vigor, follow your vision, and take control of your destiny. Let nothing stand in your way!

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