

# Personal Nutrition by Marie Boyle: The Ultimate Guide to Personalized Nutrition



**Personal Nutrition** by Marie A. Boyle

★★★★☆ 4.4 out of 5

Language : English

File size : 184063 KB

X-Ray for textbooks : Enabled

Print length : 608 pages



Are you tired of fad diets and quick fixes that don't work? Are you ready to take control of your health and fitness through personalized nutrition?

Personal Nutrition by Marie Boyle is the ultimate guide to achieving your health and fitness goals through personalized nutrition. This book will teach you how to:

- Identify your individual nutritional needs
- Create a personalized nutrition plan that fits your lifestyle
- Make healthy food choices that support your goals
- Avoid fad diets and quick fixes
- Achieve lasting results

Personal Nutrition is based on the latest scientific research and is written in a clear and concise style. It is the perfect resource for anyone who wants to

improve their health and fitness through personalized nutrition.

## **About the Author**

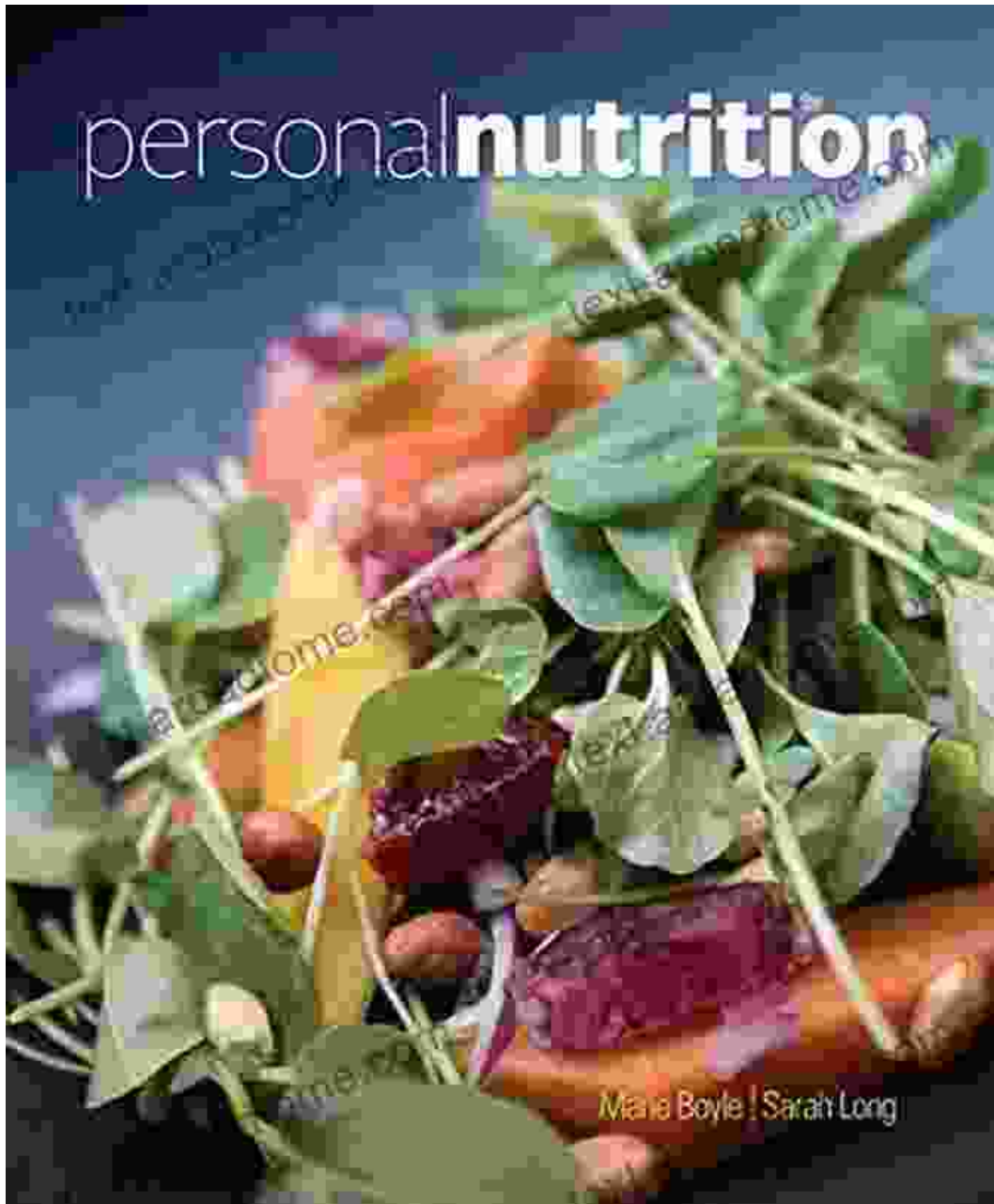
Marie Boyle is a registered dietitian and certified personal trainer with over 20 years of experience in the health and fitness industry. She has helped thousands of people achieve their health and fitness goals through personalized nutrition.

Marie is passionate about helping people understand the importance of nutrition and how it can be used to improve their health and fitness. She is a sought-after speaker and has been featured in numerous publications, including The New York Times, The Wall Street Journal, and The Huffington Post.

## **Free Download Your Copy Today**

Personal Nutrition by Marie Boyle is available now at all major bookstores. You can also Free Download your copy online at [Our Book Library.com](http://OurBookLibrary.com).

Don't wait another day to take control of your health and fitness. Free Download your copy of Personal Nutrition by Marie Boyle today!



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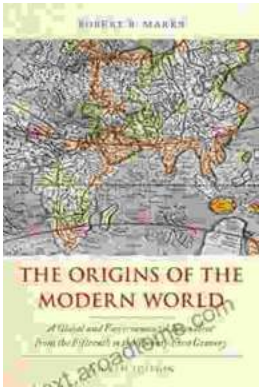
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