



Mudras For Weight Loss: 23 Surprisingly Effective Hand Gestures That Will Help You Boost Your Metabolism and Maximize Weight Loss (Weight Loss, Mudras, Chakra Healing)

April Williams

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Mudras For Weight Loss

23 Surprisingly Effective Hand Gestures That Will Help You Boost Your Metabolism and Maximize Weight Loss

Mudras is the ancient art of using hand movements, flexibility, and your natural strength to drop those excess pounds. Mudras fit seamlessly into your lifestyle because you can do them anywhere at any time.

Are you sick of putting in hours and hours of work at the gym and in the kitchen, only to see absolutely not results? Mudras work by moving your hand in a specific way to reduce the toxins in your body – toxins that make it nearly impossible to drop that weight. Not only that, but the release of natural endorphins and chemicals within your body will actually help you eat healthier, stay on track, and feel better.

In this book, we will cover 23 of the most popular and effective mudras that are known today. The great part about this movement is that we are constantly finding new movements that work, so this book will also reveal some of the newest research in Mudras.

Throughout the book you will learn about those movements, but you will also read about the history of Mudras, how they came to be, and easy ways to incorporate them into your daily life.

Think of this book as your success guide: everything you read here is straight forward and easy: no hidden gimmicks, nothing to sell, and everything to gain.

Are you ready to start living your best life? Let's go!

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