



## One Rep at a Time: An Athlete and Mother Reveals the Secrets to Creating Inner Power and Serenity, Includes the 8-Week Bliss(tm) Body Makeover Program

By Karen McCoy

Agio Publishing House. Paperback. Condition: New. 196 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. Karen McCoy is in a league of her own. - Crystal Andrus, bestselling author of Simply. . . Woman!, founder of The SWAT Institute One Rep at a Time will strike your soul and touch you where it matters most. - Dr. Cory Holly, president, Cory Holly Institute In One Rep at a Time, body builder Karen McCoy tells of her fall from grace after her son was diagnosed with a terminal disease. Her body, once a pinnacle of health and strength, fell apart. With mainstream medicine offering little hope, Karen began a long journey into the unseen world of mysticism, energy medicine and spiritual healers as she desperately searched for answers. With patience, tenacity and fearlessness she was able to heal her body and her spirit in new and profound ways, and to see her sons challenges with fresh eyes. She now teaches these lessons to women everywhere through her various training and lifestyle programs. Being healthy, truly healthy, is about being healthy on all levels - physically, mentally and spiritually. Its about reclaiming our power and living from a different place, with purpose and passion....



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