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Six Pack Chick: Change Your Mind, Transform Your Body

By Bridget Hunt

Panoma Press. Paperback. Book Condition: new. BRAND NEW, Six Pack Chick: Change Your Mind, Transform Your Body, Bridget Hunt, Meet Bridget Hunt and her Six Pack Chick phenomenon. find out why everybody's talking about 'Mother Hen' on facebook. Bridget shares her incredible story. As a professional dancer at the top of her game, her dreams were dashed when life threatening illness knocked at her door. Using this bombshell to help herself and others, Bridget has dedicated more than a decade to studying the power of nutrition to become a renowned expert in her field. The woman celebrities turn to when they need results fast for the red carpet or a last minute photo shoot. And with good reason. Understanding the power of harnessing the mind for weight loss, body training and confidence for life Bridget enhances her powerful package with the latest NLP techniques. ensuring clients get 110% and feel energised, balanced and inspired. Six Pack Chicks don't only lose the weight, but they keep it off, feel healthier and often go on to change other areas in their lives.



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