

50 Fitness Tips You Wish You Knew (Paperback)

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Reviews

Great e book and beneficial one. It is amongst the most awesome pdf i actually have read through. You wont feel monotony at at any time of your own time (that's what catalogs are for relating to if you request me). (Dorothy Daugherty)

50 FITNESS TIPS YOU WISH YOU KNEW (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Overwhelmed With Endless Conflicting Fitness Advice? A Google search will reveal millions of ideas on the best ways to lose weight, gain strength, and stay motivated. Unfortunately few have time to sift and sort through endless contradicting ideas on the best tools and tactics to optimize your health. It s nearly impossible to separate fads from fact and proven practices from sounds good theories. This book takes the collective wisdom of the world s top trainers, cutting-edge researchers, and performance psychologists and distills their best strategies down into a single handbook for optimal fitness. Do you wish you knew. A way to have enough motivation to get your dream body even if you re stressed out, busy, or have a million excuses? Tip #3 reveals the truth about how to tap into your brain s motivational drives to make sure you never fail to reach a resolution again! How to get your best night of sleep ever? Tip #5 reveals something that modern research has just discovered in the past couple years and normalize your circadian rhythms and help you sleep like a baby your first night using it - Hint: It s NOT a supplement! A way to reprogram your genetics? Tip #6 reveals what modern research shows can actually reprogram your genes and grow your brain to be healthier, happier, and even smarter! A force that is stronger than willpower? Tip #10 reveals the one thing you need to manage that is more critical to your success than willpower! How to overcome food cravings and emotional eating? Tip #12 reveals a simple brain hack to stop junk food cravings and binge eating - instantly! A way to make...

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