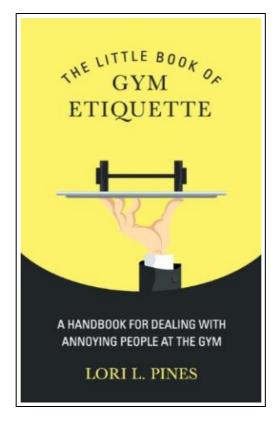
# The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym (Paperback)



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### Reviews

It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly. (Timothy Johnson DVM)

# THE LITTLE BOOK OF GYM ETIQUETTE: A HANDBOOK FOR DEALING WITH ANNOYING PEOPLE AT THE GYM (PAPERBACK)



Conifer Press, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You set the alarm for 5:00 am, skipped breakfast and braved traffic to get to the gym, only to find your workout Zen crushed by space invaders, supertalkers and gym slobs. You know the type-you Il find them hogging the locker room bench, gabbing loudly on their cell phones, and leaving used tissues and sweaty towels everywhere. Author and New York City attorney Lori Pines loves her daily workout, and thinks we are all entitled to a peaceful, energizing session at the gym-but it would sure help if all gym-goers read this book! Featuring six gym types you don t want to be, this little book will help gym-newbies learn what behavior is OK, and help experienced gym-goers curb their gym rage and cope with their less considerate gym mates. Polite gym regulars will have a laugh, and maybe one or two gym hogs will find a copy of this book tastefully tucked into their bag!.

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