

12 Practical Steps to a New You Forever: From Shame and Sadness to Sheer Bliss



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(Shaun Bernier II)

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Foreveryoung.MD Fitness Inc., United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Perhaps you've approached this book as just another one of the thousands of books that are out there covering topics of health, weight loss, and physical transformation. Perhaps you have arrived at this page still holding on to some doubt or fear, however much, suspecting somewhere deep inside that you're on the brink of yet another let down. The power to change your life for the better is in your hands right now. Life transformation isn't the stuff of fairy tales and misplaced hope. Instead, life transformation is real and it's for you, no matter what your own story is or who you may be. The logical possibility of physique change is clear. Most people understand that the human body has the capacity both to store excess fat and burn that fat off. Nutrients can be measured. Metabolic rate can be calculated. The fogginess is purely mental. Beaten down by the oppressiveness of obesity and all that comes with it, some people have stopped believing they can change. Jaded by past failures, they hide their fear in cynical skepticism. Whatever your current state is, or your past, don't let it define you. You are your potential. Don't worry about whether or not you believe you can change. Logic doesn't require your belief. Expect progress instead, as you allow us to assist you in planning a practical approach to weight loss, health, and more.



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