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# THE 7 MIND-SETS FOR A FIT LIFE: DEVELOPING THE MENTAL MUSCLES FOR SUCCESS, HEALTH AND HAPPINESS (PAPERBACK)

THE **7 MIND-SETS**  
FOR A **FIT LIFE**  
Developing the mental muscles for  
success, health and happiness

by  
ALEX GIL



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- Authored by Alex Gil
- Released at 2017



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