

Feel Younger - Now! 21 Days, 7 Habits: A Step-By-Step Guide to Building 7 Habits for Looking and Feeling Younger and Better (Paperback)



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Reviews

*Completely among the finest ebook We have at any time read through. it was actually writtern really properly and helpful. You are going to like just how the writer compose this publication.
(Mr. Deangelo Considine)*

FEEL YOUNGER - NOW! 21 DAYS, 7 HABITS: A STEP-BY-STEP GUIDE TO BUILDING 7 HABITS FOR LOOKING AND FEELING YOUNGER AND BETTER (PAPERBACK)



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50 Interviews Inc., United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.In his new book **Feel Younger - Now**, author Don McGrath, Ph.D. shares how he discovered the secret to losing weight, becoming fit, and improving energy, for people who have tried and failed many times in the past. He also shares a proven step-by-step solution, and includes access to training materials and tools that go way beyond what you expect to get from any book. From my last book, **50 Athletes Over 50 Teach Us to Live a Strong, Healthy Life**, I observed that the incredibly healthy and fit over-50 athletes I interviewed did not struggle at all with staying lean, fit, and healthy, says McGrath. In working with non-athletes to improve their fitness, I saw the enormous struggles that they face. Most of them really want to lose weight and become fit, but almost all have failed multiple times. From the lessons I learned from both athletes and non-athletes, I discovered the secret to losing weight and getting fit. A very unique aspect of **Feel Younger - Now!**, is that it includes links to resources that compliment the book and provide valuable tools and training. Before writing **Feel Younger - Now**, I created the **21 Days 7 Habits Training Program**, which provides training and tools for building the 7 habits outlined in the book. I really feel like this is much more than a book. It is everything that anyone needs to make the changes in their life that are required to feel younger now! Reviews: America has an energy crisis and it s not the kind you think. It s a personal energy crisis. The combined effects of sedentary lifestyles and poor diets have...

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