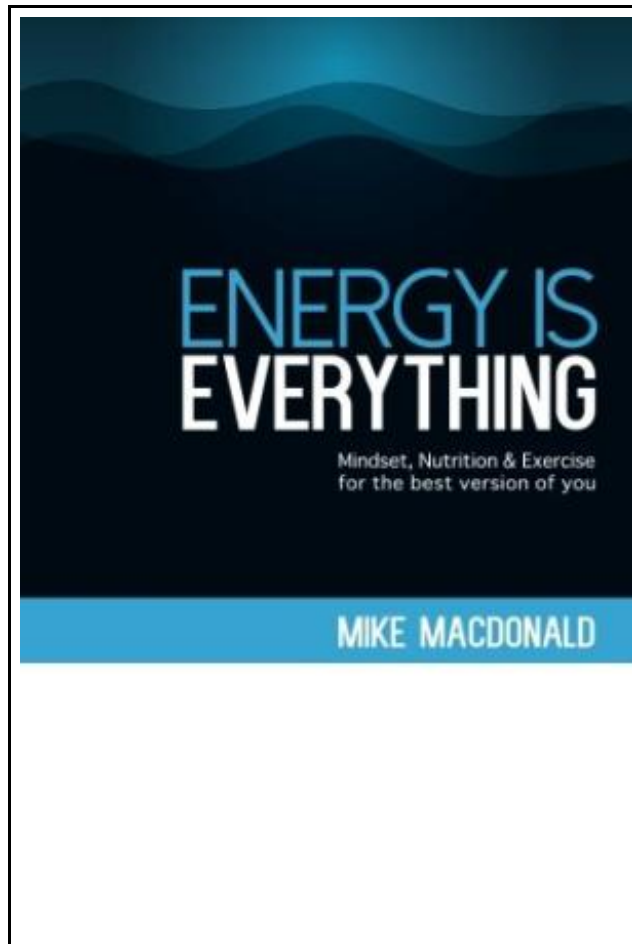


Energy Is Everything: Mindset, Nutrition and Exercise for the Best Version of You



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(Prof. Douglas Grady)

ENERGY IS EVERYTHING: MINDSET, NUTRITION AND EXERCISE FOR THE BEST VERSION OF YOU



Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Energy Is Everything: Mindset, Nutrition Exercise for the best version of you is a book aimed to help you look, feel and perform at your best. Rather than the tired old health messages you ve heard a million times before, Mike MacDonald blends his own experience, lessons from working with real clients, and the latest scientific research to outline a path to your best self. 4 Important Insights You ll Learn: 1.Mindset: How the old model of motivation is flawed and what you really need to do to finally escape those stop-start cycles and create lasting change in how you look, feel and perform. 2.Nutrition: Not just what to eat, but how. How to cut through the confusion. How modern foods drive cravings. How to regain control over your eating behaviours and the surprising ways our environment shapes our food choices. 3.Exercise: Most people are doing it wrong .or not at all! You ll learn why the conventional approach to weight loss always fails. You ll discover a new perspective of exercise and learn the most effective way to exercise for fat loss. 4.And then some: it s not just diet and exercise. You learn several forgotten ways to improve your sense of wellbeing and happiness, and will discover a clear path to having more energy in life: to look, feel and perform at your best. Mike is inspirational and realistic, illustrating his approach with tales of success and lessons learned when things didn t go to plan. His book provides an excellent framework of simple strategies that can be applied to your lifestyle to improve your health, your mind-set and your body. Scott Baptie Director of Food...



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