



Fitness Motivation: How to Start Working Out Again After a Long Break (Paperback)

By Jeremiah Theodore Robinson

Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.It s Time to Make Change in Your Life! It s Time To Break the Routine. This book Will Help You to Find a Motivation Going to the Gym! Free With Kindle Unlimited for a limited time! There s no Time to Waste, my Friends! I ll be honest with You, I ve been lazy nearly for half a year. And during this time I can t remember when I felt TRULY alive.I was tired with excuses and other BS in my mind. This book was first meant just for myself - as a source of motivation when I lack commitment, but.I want to give value to the others, I want to make life of other people more interesting and more happier. That s the main reason I decided to publish it. In This book You ll learn. Why You Should Start Working Out! My Answer to: Why people are AFRAID to (start) Workout? CONSEQUENCES of NOT Working Out The Things Holding You back, let s fight them together! Various Tips Tricks I used to keep...

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