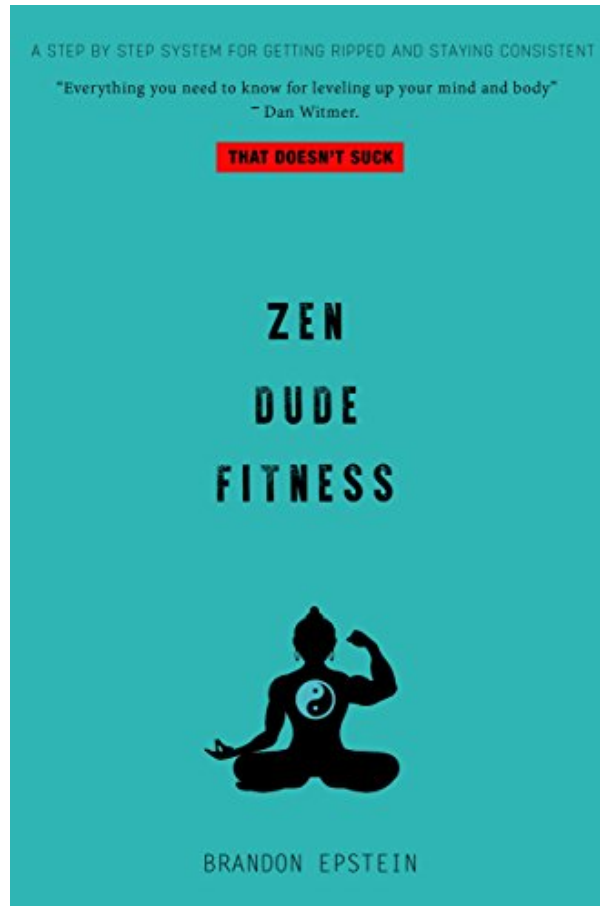


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At its core this book is a step by step guide that will guarantee you reach your physical fitness goals.

Here is the secret!! ..THERE IS NO SECRET.

The truth is that information is everywhere. If you do a quick google scholar search you can find out the best exercise and nutrition practices for fat loss, the best meditation practices for finding inner peace and a ton of ideas on how you can start living an epic life.

Information is NOT the issue.

The secret, if there is any.. is application and habit building.

How can you take the RIGHT information and APPLY to it your life in a manner that makes it stick.

More so, how can you do this in a manner that is super simple and super fun.

That my friend is what this book is. It's a compilation of the best tactics in nutrition, exercise and fulfillment - all put together in a book you can take action on.

VISION + ACTION = RESULTS

In this book you will be taken through a process where you get clear on what exactly it is you want for your body and your life, so you can create an action plan and make it a reality.

If you are sick of dabbling and doing things that deliver partial results and you're ready for a complete lifestyle change for the better - then this book is for you.

Take my hand as I guide you through this process of self-discovery and transformation.

Namaste Dude.

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A Must Read for Everyone!!

By Lee Lambert

I loved this book!! I am new to the "self improvement" reading and I found this book to hit me right between

the eyes. It's a wake up call to my own life and I truly believe everyone should read this book. This book is not just about ideal fitness (which I needed a kick in the butt on my nutrition) but on living your life each day to achieve maximum results. I realized that my mental and emotional human experience needed to be more in line with productivity instead of negative stress and worry. This book I believe can help everyone improve their ultimate human experience.

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By kscorza

Its an ok book to read.

They have an interesting approach to fitness and health. Simplistic view what is good but I was expecting a little bit more since they have really good content on their website.

It is a good book if you don't read the blog. If you read the blog, you will know everything that is written here.

Easy to read and interesting.

If you already read their blog, don't waste money buying it.

1 of 1 people found the following review helpful.

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This book gives you all the critical tools to level up your life. It is reference source that you will continue to draw upon. I highly recommend this book with great amount of enthusiasm.

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