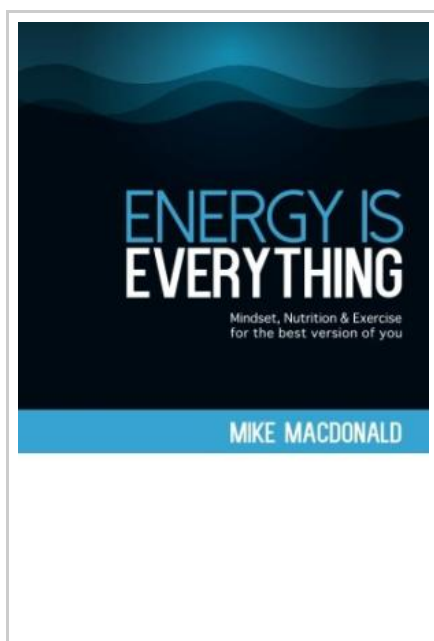



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Energy Is Everything: Mindset, Nutrition and Exercise for the Best Version of You

By Mike MacDonald

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.
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