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The Great Big Fitness Quote Book: Over 365 Motivational Quotes to Get Back in Shape!

By Cameron M Clark

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm.

Language: English . Brand New Book ***** Print on Demand *****. To All Personal Trainers, Training Clients, Crossfitters and more! Here's the perfect gift for a client or yourself! Finally, a book with a motivational fitness quote for every day of the year!!! ;Getting fit is all about reaching for, achieving, and sustaining a commitment to take care of yourself for the rest of your life. ; - Dara Torres (Olympic Gold Medalist) ;Rather than finding reasons why something cannot be done, though you know it needs to be done, get on with doing it. See problems as challenges. ; - Stuart McRobert (Fitness Writer) ;I know a lot of people say: If I had the money then I'd be able to achieve health, fitness, peace of mind and joy. I can't say it enough times: your health account and your bank account are synonymous. ; - Jack LaLanne (Fitness Guru) For most of us, getting in shape is not easy. It involves a certain level of planning, discipline and most importantly motivation! Enter The Great Big Fitness Quote Book compiled by Cameron M. Clark. A...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

-- *Elinore Vandervort*

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