



## Disable Your Disability: Live the Healthy Life You Deserve! (Paperback)

By Tony Jacobsen

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In Disable Your Disability, - Learn about Osteogenesis Imperfecta (brittle bones) and find out how Tony embraced it to save his life. - Learn how to take action towards living the healthy, high-powered, happy life you deserve! - Uncover and tackle mindset issues that hold you back. - Get sure-fire methods to make the changes necessary in your life to start living a healthy lifestyle. - Discover easy to implement eating and exercise techniques to start right now! Disable Your Disability is a journey into self-discovery, a look into the gift of embracing circumstances that hold us back, and powerful concepts with sure-fire methods for taking action toward living the healthy life we deserve. If you live with a physical disability, limited mobility, or something else that is holding you back from living a healthy lifestyle, Tony's personal story, coupled with his clear and concise methodology, will help you gain insight and confidence, and get you clear on what it will take for you to achieve your health and fitness goals. Because he was born with a rare bone disorder,...



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