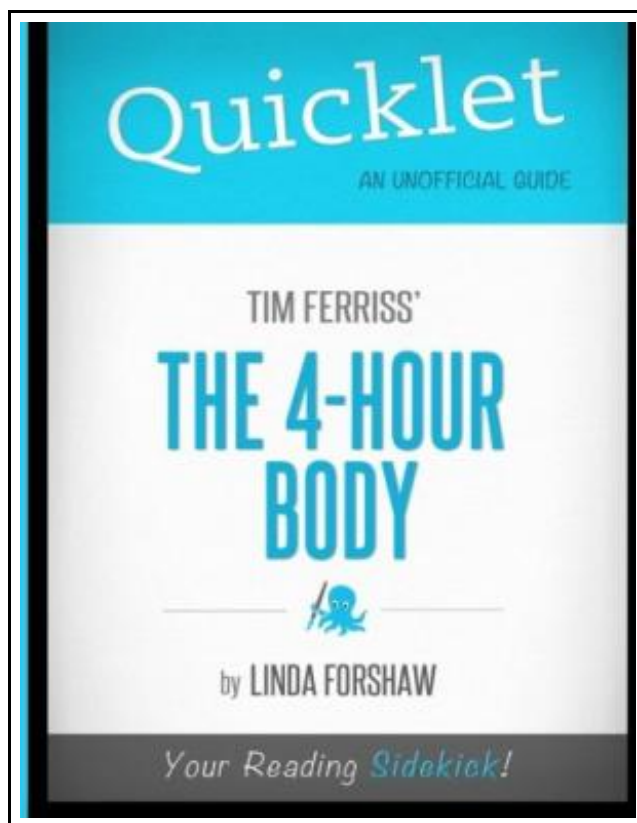


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*(Bernardo Feeney Jr.)*

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Hyperink, United States, 2012. Paperback. Book Condition: New. 274 x 212 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Quicklets: Your Reading Sidekick! This Hyperink Quicklet includes an overall summary, chapter commentary, key characters, literary themes, fun trivia, and recommended related readings. ABOUT THE BOOK Being a mother of three teenagers, staying in shape is important, if only for the purpose of keeping up with them. The problem for me was trying to find the balance between family, work, personal time, and school -- then, fitting my work out plan somewhere in the mix. It is amazing how the 4-Hour Body helped me restructure my weekly workout schedule. Growing up, I was always an active kid. I was biking up to as much as 15 miles a day during my grade school and junior high years. In high school I was lifting weights with the football team in the morning for phys ed, had dance group after school, and lifted weights again after homework and chores. It is safe to say, fitness has always been a part of my life. Even as a mom-to-be, I was doing pregnancy-safe exercise programs. The problem is, life set in and I lost my balance and had to find a new way to deal with it. The 4-Hour body, by Timothy Ferriss, is a no-nonsense approach to some simple life changes that make huge impacts on your body. I needed help in restructuring my weekly work out schedule, so that I am giving my body the exercise it needs. Between the Six-Minute Abs and From Geek to Freak, The 4-Hour Body gives me the tools I need to create a work out simple and effective enough to make me stick to it, because I am seeing and feeling the results. The...



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