



## Health and Fitness Mindset for Life: Change the Way You Think to Implement Healthy Lifestyle Changes That Will Last

By Kelly Larson

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you resolve to lose weight, get physically fit, or improve health issues only to fail again and again? Do you fail because you or others expect you to fail? Get off of the fad diet and celebrity trainer rollercoaster ride, once and for all, and get determined to make lifestyle changes that you will be successful at. Certified fitness trainer, nutrition and wellness coach, Kelly Larson's new guide Health and Fitness Mindset for Life will teach you to change your mindset about implementing healthy lifestyle changes that last. Change is hard but Larson shows her readers how to zero in on one specific area to achieve quick success. One small success will keep you focused and result oriented which will lead to another success. Seeing your hard work pay off will build your confidence and make you realize you can achieve whatever you set your mind to. Hold yourself accountable, reward yourself, love yourself and believe that you got this! Some of the important information you will discover, includes: o How to stay motivated...



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