



## Brians List - 26 12 easy to use ideas on how to live a fun, balanced, healthy life

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By G. Brian Benson

B dog Publishing. Paperback. Book Condition: New. Laura Schofield (illustrator). Paperback. 129 pages. Dimensions: 8.2in. x 5.5in. x 0.4in. Feeling a little sidetracked Does it seem like your wheels are turning but going nowhere Are you on track, but could use little reminders for staying the course Let author, four-time Ironman triathlon finisher, certified life coach, businessman, cross-country bicyclist, radio host, world traveler, and father G. Brian Benson share with you his recipe for healthy living and maintaining a successful balance in all that you do. Brians List will help guide you to true balance, happiness, and joy for the rest of your life! You have nothing to lose, but everything to gain! Brians List was the winner of a 2009 Next Generation Indie Book Award as being the winner in the Self-Help category. It was also an Award-Winning Finalist in the Self-Help Motivational Category of the National Best Books 2009 Awards, sponsored by USA Book News. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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