



## Don t Quit!: Motivation and Exercise to Bring out the Winner in You - One Day at a Time

By Jake Steinfeld

Little, Brown Company, United States, 1995. Paperback. Book Condition: New. 233 x 195 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Take it from Jake Body by Jake Steinfeld: life is the ultimate workout. Once an overweight, underachieving kid, Jake Steinfeld has transformed himself into a one-man fitness phenomenon: TV exercise guru to 1.5 million viewers, Hollywood's favorite personal trainer, and the star of his own hit sitcom. If at first you don't succeed, don't quit. Try Jake! In this inspirational pump-up for mind, body, and morale, the powerhouse who inspired a fitness revolution reveals the regimen that can retrain your brain for success, tone up motivation, and help you develop the mental stamina you need to get going and keep going in every area of your life: -- The Morning Pump: Jake's own wake-up call for mind and body -- The Afternoon Kicker: A boost over the midday energy sag -- Jake's Big Ten Mental Exercises: How to pole vault past the obstacles in your life -- and sprint straight to your goals -- Jake's Big Ten Physical Exercises: Because a fit body is essential to having a fit mind -- Jake's...



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