



Striving for Imprefection (Year 7): The Seventh Year of 52 Inspirational Playful Columns on Living Well, Changing Habits and Other Acts of Faith

By MR Scott Q Marcus Rp

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.If you have ever been frustrated trying to lose weight, get fit, or just change a bad habit, this book is exactly what is needed. It s year #7 of Scott Q Marcus s collection of fun, upbeat, playful, inspiring and humorous columns on the thoughts, feelings beliefs involved in dropping a bad habit. As a professional speaker and syndicated columnist, Scott brings a quick wit and a light touch to to what is normally a difficult subject. Unlike others who deal with losing weight or aging well, he takes the approach that we already know what to do, we just don t do it. Why? As Scott says, We never grow up, we just become wrinkled kids. And the wrinkle kid who lives inside each of us doesn t want to focus on carbs, calories, or calisthenics. She would rather have fun. So, Scott s approach is to talk to the inner dialog that s causing the habits that hold us back, rather than to repeat the same old threadbare, over worn advice that any dieter has...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and i suggested this book to find out.

-- **Elinore Vandervort**

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