



Fit at Last

By Blanchard, Kenneth H. / Kearin, Tim

Book Condition: New. Publisher/Verlag: McGraw-Hill Professional | Look and Feel Better Once and for All | If you're like a lot of us, for years you've been making resolutions and promises about becoming physically fit. Despite all your good intentions, though, somehow it never quite goes according to plan. But you can break that cycle. In *Fit at Last*, bestselling business author Ken Blanchard and fitness authority Tim Kearin show how Ken, at age seventy-three, finally was able to make lasting improvements in his health and fitness, including dropping over thirty pounds in a year. In each chapter, Ken shares the very personal story of his ups and downs - involving, among other things, a puppy, a Hawaiian tour bus full of widows, and a fifty-year college reunion - while Tim offers expert advice and wisdom gained from over forty years in the fitness industry. Following through on your efforts to get fit requires leadership - personal leadership. Early on, Ken realized the same concepts he's been using for years to help people lead organizations also could help him stick to his program. Here, you'll learn how Ken and Tim applied the Situational Leadership II approach to set SMART...



READ ONLINE

[4.17 MB]

Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**

Other Books



Would It Kill You to Stop Doing That?

Book Condition: New. Publisher/Verlag: Little, Brown Book Group | A Modern Guide to Manners | A laugh-out-loud guide to modern manners by acclaimed humorist, author, and Vanity Fair columnist Henry Alford. | A few years ago, humorist and journalist Henry Alford found...



Violet Rose and the Surprise Party

Book Condition: New. Publisher/Verlag: Nosy Crow | With activities, 3D press-out models and over 175 stickers! Plus free games and printables online! | When busy rabbit, Violet Rose, discovers that her friend Lily has a birthday coming up, she and her buddies...



The Magical Animal Adoption Agency Book 2: The Enchanted Egg

Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There s a new resident at the Magical Animal Adoption Agency-but this one hasn t hatched yet! Mr. Jams brought home...



Never Invite an Alligator to Lunch!

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. NEVER Invite an Alligator to Lunch! delivers a fun, action-packed, entertaining story featuring delightful characters. The...



McGraw-Hill Reading Phonics And Phonemic Awareness Practice Book, Grade 3 (2001 Copyright)

McGraw-Hill, 2001. Soft cover. Book Condition: Brand New. Dust Jacket Condition: No Dust Jacket. Brand New 2001 Copyright, Grade 3 Student Phonics And Phonemic Awareness Practice Book With Units 1-6, Unit Reviews, Take-Home Stories, Illustrations And Pictorial Green Cover Green With Sock,...



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...