



The Happy Body: The Simple Science of Nutrition, Exercise, and Relaxation (Black&White)

Aniela & Jerzy Gregorek

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Becoming lean and fit is not a matter of training for a few weeks, like Rocky, to become a world champion. That only happens in Hollywood movies that portray professional athletes exercising for hours every day until they are exhausted. Real athletes never do that. They train only to the point that they can recover for the next day's training. Their progress comes in small increments, not heroic triumphs. Unfortunately, movies have persuaded people that they can become lean and fit virtually overnight. Even the weight loss and fitness industry bought into this distortion and began pushing people to become like Rocky. When that approach failed, because people were injuring themselves or burning out or jumping from one program to another, trainers began to entertain their clients instead of finding solutions to their problems. If you want to become truly lean and fit, you must work at it like an athlete, following a structured routine and that is easier and more pleasant than you may expect. The principles that work for athletes also work for ordinary people of all ages. Athletes, of course, have coaches. The Happy Body program, on the other hand, will teach you everything you need to know to be your own coach. This innovative program establishes, for the first time, exact scientific and testable methods and goals to engineer your own weight loss and fitness within precise time periods. That empowers you to self-correct your progress at every step. The Happy Body is a total health program, not just an exercise or diet plan. It will teach you to safely lose 1.0 to 2.5 pounds every week, and keep them off, without getting stuck at plateaus. You will have full control over the process, right down to the ounce. In addition to teaching you how to lose weight, the program will also help you to restore the flexibility and posture you had as a young child, and to be leaner, stronger, and faster than you have ever been. In essence, The Happy Body program will not only make you as youthful as you were at twenty, but twenty as you would have been if you had followed the program at that age.

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The reason? Because this The Happy Body: The Simple Science of Nutrition, Exercise, and Relaxation (Black&White) is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will distress you with the secret this inside. Reading this book alongside it was fantastic author who all write the book in such amazing way makes the content inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of advantages than the other book include such as help improving your expertise and your critical thinking technique. So , still want to hesitate having that book? If I were you I will go to the book store hurriedly.

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