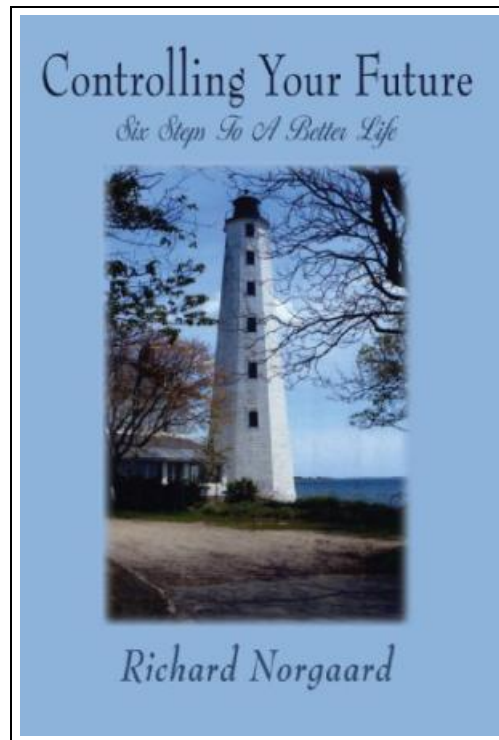


Controlling Your Future: Six Steps To A Better Life



Filesize: 3.94 MB

Reviews

*Basically no terms to explain. I have read and so i am certain that i will gonna go through once again once more in the future. I realized this ebook from my dad and i encouraged this book to discover.
(Forest Little)*

CONTROLLING YOUR FUTURE: SIX STEPS TO A BETTER LIFE



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AUTHORHOUSE, United States, 2009. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. Who Should Read This Book Looking for some way to make your life better? Something that will give you more control over your future? Do you need a way to overcome some of the mistakes you have made in the past? Are you between thirty-three and sixty-five years old? If so, you need a guide to making your life count. What can you do? Give my six-step program a try. It has made a big difference for me, and can do the same for you. Let this book guide you through the maze of conflicting paths that you encounter in your life. These six steps will give you the confidence you need to face the many challenges life puts in your way. It will give you the necessary time to consider what you want in your future. What Are the Six Steps? Step One is getting control over you body. You start by walking. Then you add small additional changes to your physical activities. Finally, you regularize your exercise while adding new and interesting ways of exercising. Step Two is getting the proper amount of nutrients. This will turn out to be less difficult than it sounds once you are in the exercise mode. You will avoid much of the four harmful food groups - fat, fried, fast, and frozen - along with caffeine, sugar, and sodium. Quickly, you will start noticing how much better you feel. Step Three is improving your brain s performance. This will come from learning challenging new material. This will be good for your brain s capacity, and interesting as well. Step Four is learning to make the best of the challenges at work. Your work represents...



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