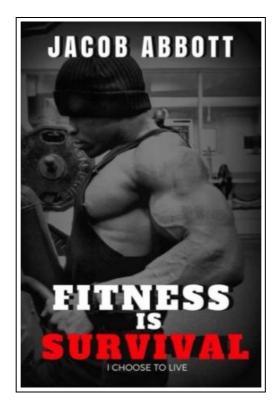
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Reviews

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(Marcia McDermott)

FITNESS IS SURVIVAL: I CHOOSE TO LIVE (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Fitness is Survival is Jacob Abbott s Debut Book Release, that is filled with many personal life changing principles to help you take your health and fitness to a whole new level. Jacob challenges you to grow personally and professionally; while pushing you to make your dreams become a Reality. You ve wanted to build more muscle! You ve wanted lose more fat! You ve wanted to create something that no one else believes in! You ve talked about the dream, you ve talked about the goals and years have passed and you haven t done a thing. New Year's resolutions, have become a great speech until it time to make them a reality. In this book I ask you to accept the challenge, and push you to take charge of your life by way of fitness. These pages are filled with personal stories that are used to help you dominate, and inspire you to do the unthinkable. What s losing 50 pounds when I tell you about people who struggled and lost 200 pounds. Find out why YOU must feed the family, and I m not speaking about physically food. Jacob Abbott, former US Army SSG, is a Inspirational Speaker. Bodybuilder Fitness Coach. He took his passion for Health Fitness, mixed it up with his burning desire to motivate others, and found his message. Fitness is Survival, helps you live the life you ve always dreamed of; if and only if, you CHOOSE TO LIVE This book reveals things like. -The biggest reasons people fail to achieve the body they deserve. -How to take your life back. -How to set goals and stay on track. -How to come back from...



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