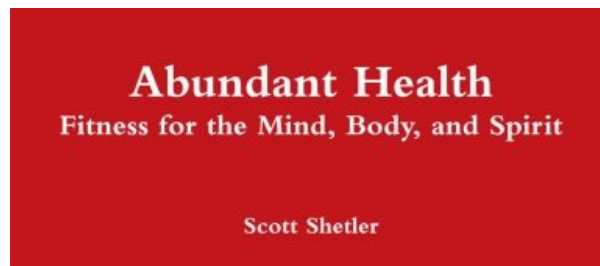


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Abundant Health

Fitness for the Mind, Body, and Spirit

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The fitness industry took a wrong turn where health and fitness went through a bitter divorce. I feel we need to get back on track; and fast. People seem to be more concerned with how their body looks than how it feels. However, I have found that if you focus on health and feeling better, your body becomes leaner and stronger as a result. Instead of focusing on the exterior, let's get things squared away on the interior of the body, including our mind. Abundant Health: Fitness for the Mind, Body, and Spirit will do just that. In this book you will find a complete program that will help you to experience abundant energy, health, and wellness. You will feel better, look better, and experience a greater quality of life.

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- Dimensions: 11.00" h x .24" w x 8.50" l,
- Binding: Paperback
- 106 pages

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Good book

By D. Earnhardt

This book is just as the title suggests, it gives good information to improve your mind, body and spirit. It covers various topics in a simple easy to understand way. The chapters vary on topics including nutrition, meditation, Qigong(which i had never heard of), Indian club and kettlebell workouts, flexibility, and cardio. This book covers a lot of topics and is written in a simple step by step way. I would recommend this book for anyone looking to improve their health and overall self well being. Along with the book, you will have access to video's where Scott, the author, demonstrates many of the activities he covers in the book. These videos are very helpful and a great idea by the author.

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