



The Gym Life Essays: Improve Your Life Through Fitness, Food, and Mindset

By Colin R Stuckert

Gymlife, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Gym Life Essays will help you train better, eat better and life better! The goal is to take action and implement new ideas into your routine and build those lasting habits that are going to get you closer to your goals. Areas you will Improve: Nutrition Fitness Cooking Lifestyle Fat-loss Health Mindset Through education you can develop a powerful mindset, and with this new mindset you can crush any goal you decide to pursue. Ultimately, that is the purpose of the Gym Life: To reach your goals. The Gym Life Essays includes actionable advice as well as theory to help you develop this winning mindset. Each chapter addresses a specific topic. This will give you the most actionable advice in the least amount of time possible. After all, the goal is to take action as fast as possible. Chapters: Welcome To The Gym Life The Gym Life Manifesto 50 Ways To Lose Weight Starting a Program Why You Don t Get Results What is the Paleo Diet? Why You Don t Have Abs (it s your food...



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