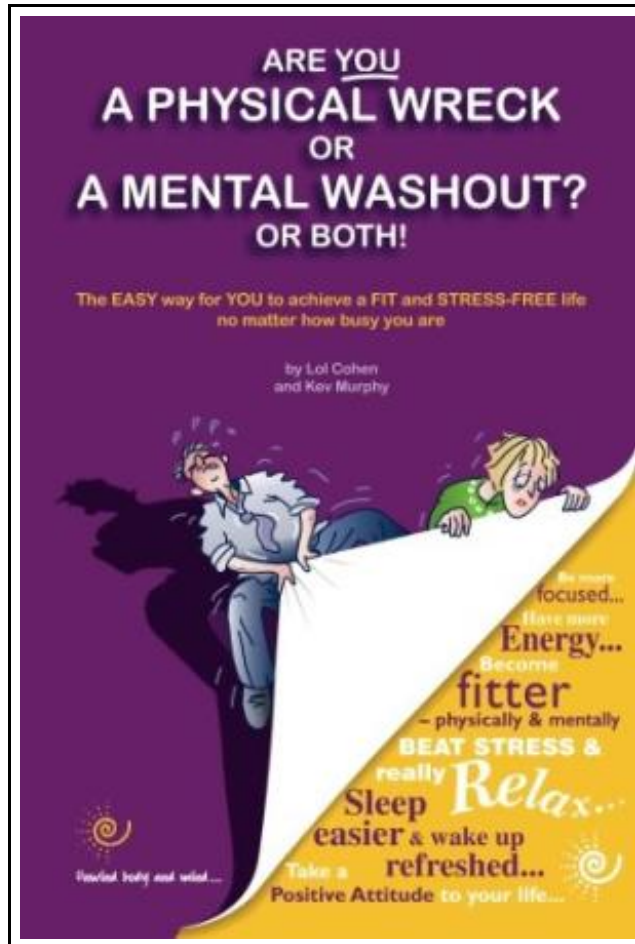


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Picture of Health Clubs (UK) Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.THE EASY WAY FOR YOU TO ACHIEVE A FIT AND STRESS-FREE LIFE NO MATTER HOW BUSY YOU ARE. Lol Cohen was once over weight, over stressed and over worked. He wanted to change all that but his hectic lifestyle could not give him the time and left him lacking the energy to attend classes or gyms. Every self help book he read left him uninspired after the 2nd chapter. His determination to change things for the better led him to a common sense approach to deal with STRESS, MUSCLE FATIGUE, and WEIGHT PROBLEMS. I wanted a way that the average person could improve his/her lifestyle, QUICKLY, PAINLESSLY and most importantly it had to be EASY. Joining forces with Kevin Murphy, a fellow stress sufferer, they have now created a dynamic yet simple way to dramatically improve FITNESS and COMBAT and REDUCE STRESS - NO MATTER HOW BUSY YOU ARE. This book is presented in an easy to read chatty style with some humour and in a detailed and practical manner. It uses simple to apply powerful techniques that will change your life for the better. It will help you to: Unwind body and mind and Empower body and mind Suffering from Stress? We will show you how to combat the two types of killer stress: The immediate - panic inducing problem and the slow build up of stress that threatens to overwhelm you. Simple exercises will help you to relax and focus your mind on combating stress. An easy strategy will channel any feelings of panic into a plan to solve your problems. Feeling Unfit? No pain - no gain? No way! We...



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