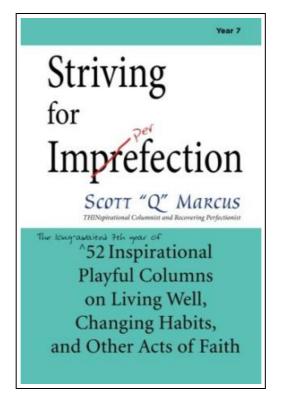
# Striving for Imprefection (Year 7): The Seventh Year of 52 Inspirational Playful Columns on Living Well, Changing Habits and Other Acts of Faith



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## STRIVING FOR IMPREFECTION (YEAR 7): THE SEVENTH YEAR OF 52 INSPIRATIONAL PLAYFUL COLUMNS ON LIVING WELL, CHANGING HABITS AND OTHER ACTS OF FAITH



Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. If you have ever been frustrated trying to lose weight, get fit, or just change a bad habit, this book is exactly what is needed. It s year #7 of Scott Q Marcus s collection of fun, upbeat, playful, inspiring and humorous columns on the thoughts, feelings beliefs involved in dropping a bad habit. As a professional speaker and syndicated columnist, Scott brings a quick wit and a light touch to to what is normally a difficult subject. Unlike others who deal with losing weight or aging well, he takes the approach that we already know what to do, we just don t do it. Why? As Scott says, We never grow up, we just become wrinkled kids. And the wrinkle kid who lives inside each of us doesn t want to focus on carbs, calories, or calisthenics. She would rather have fun. So, Scott s approach is to talk to the inner dialog that s causing the habits that hold us back, rather than to repeat the same old threadbare, over worn advice that any dieter has heard - and ignored - a million times. More importantly, he does it with warmth, compassion, and a playful warm humor. Scott s style has been described as a cross between Nutrition 101, Group Therapy, and a Southern Revival. This book - as well as the others in this series - will inspire you, educate you, make you think - and even bring a smile to your lips, even if you re dieting Here s a sample. Fret not; that thumping, rhythmic, heavy pulsing sound behind you is not the noise of Heaven and Earth colliding. Rather, tis the pounding...

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