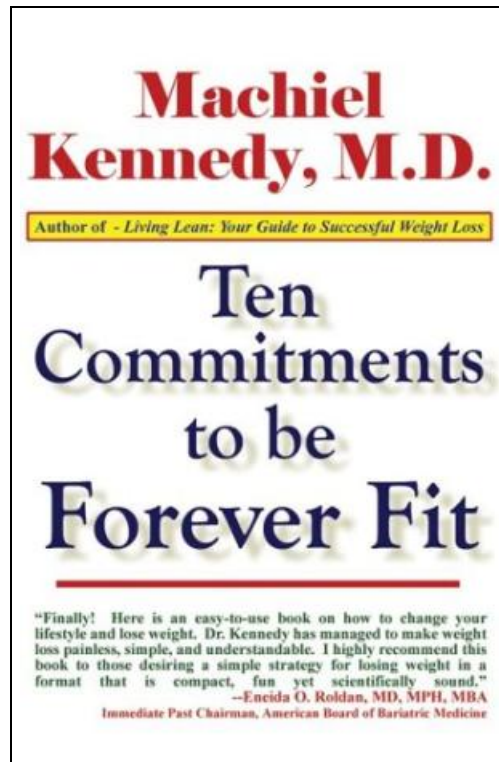


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Robert D. Reed Publishers, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. TEN COMMITMENTS TO BE FOREVER FIT takes a holistic approach to weight loss and health that begins by focusing on the inner you. Machiel N. Kennedy invites you to see yourself as a whole person - physically, emotionally, mentally, and spiritually, and to make an inner commitment to health and well being. Take charge of your life: set reasonable goals, stay motivated, be accountable for your actions, eat healthy foods in moderation, get plenty of physical activity and exercise, avoid junk food, attend to your spiritual growth, get enough sleep, breathe deeply, relax, have fun, and stay true to your goal to be forever fit. Although the basic concepts in TEN COMMITMENTS TO BE FOREVER FIT may be similar to those offered by other weight-loss experts, Dr. Kennedy's message is significant in that he does not simply recommend going on a diet. This is not a quick weight-loss scheme, but rather a sensible lifelong plan for well being. Using this book as a guide, Dr. Kennedy offers the opportunity for change in every area of life.



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