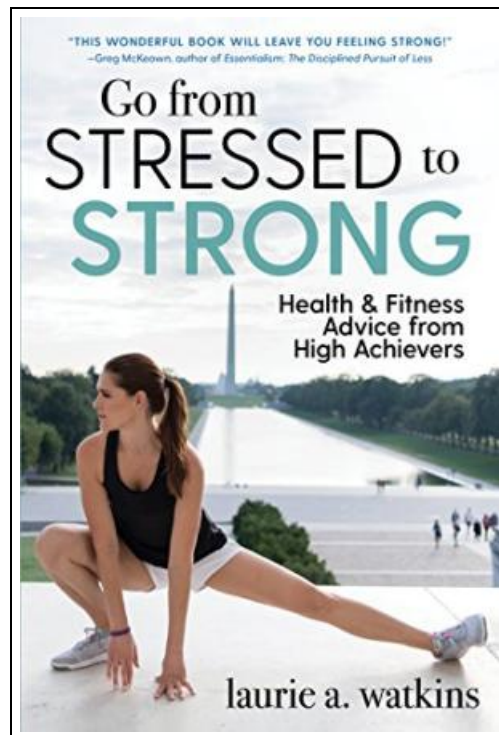


Go from Stressed to Strong: Health and Fitness Advice from High Achievers (Hardback)



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GO FROM STRESSED TO STRONG: HEALTH AND FITNESS ADVICE FROM HIGH ACHIEVERS (HARDBACK)

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Skyhorse Publishing, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Go From Stressed to Strong is about the war with the unhealthy habits of our stressful lives. Laurie Watkins provides readers with practical and proven tools she designed along with health and wellness experts to get on the path to a healthy lifestyle in a 24-7 world. Prompted by Watkins s own experiences while working inside the world of two presidential campaigns and other high-performing, stressful working environments, she shares her own stories as well as stories from prominent men and women across a wide range of industries on their experiences and how they came out the other side. Bestselling author and TV host Bill Nye the Science Guy, 2016 CrossFit Games competitor and RN Christy Adkins, professional speaker and Army veteran Dan Nevins, restaurateur Jamie Leeds, two-star Michelin-rated chef Jose Andres, and former White House staffer Phil Larson are some of the many voices featured. Go From Stressed to Strong is for everyone with a busy lifestyle who thinks they can t fit in being healthy--whether a CEO, a full-time student, a CPA during tax season, or a full-time parent. Watkins reveals how to handle specific challenges to health--sleep deprivation, poor diet, and stress. In doing so, she encourages readers to command their day now, giving them the energy and strength today to make it through tomorrow and the day after that.

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