



Healthy Habits: 15 Workout Habits That Help You Burn Fat, Slim Down & Tone Up (Volume 8)

Linda Westwood

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From the Best Selling series, Healthy Habits, comes 15 Workout Habits That Help You Burn Fat, Slim Down & Tone Up. This book will jump-start your mood, increase your energy levels, clear your mind, and improve your overall health - allowing you to increase your life expectancy! Our lives are full of regular habits that we live by every day, and these habits determine who we are, as a result. This book provides you with 15 separate habits that will completely change your life for the better. Along with discovering what these habits are, you will also learn why they are beneficial to add into your life, followed by a step-by-step Action Plan that shows you EXACTLY how you can implement in your life immediately! Are you ready to feel healthier and happier than you ever have before in your life? Then check out these workout habits that YOU are missing out on! If you successfully implement these workout habits, you will... • Feel happier than you ever have - because you will slim down & tone up • Set up your life so that you live longer • Say goodbye to poor energy levels and depressing moods • Learn how you can live a healthier lifestyle without trying • BURN MORE fat than ever before! • NEVER feel tired or exhausted in your day - EVER AGAIN!

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