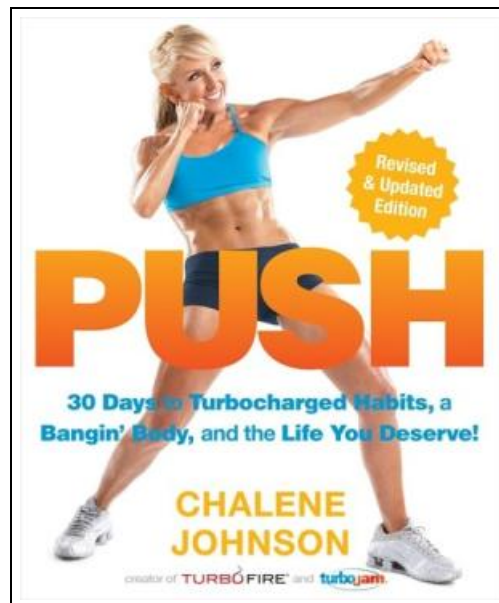


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Rodale Press Inc., United States, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Chalene Johnson built a fitness empire from the ground up, selling over 10 million DVDs and helping legions of loyal fans shed pounds and transform their lives with her trademark enthusiasm and energy. The revised and updated paperback edition of the bestselling book **PUSH** distills the wisdom that has made her a fitness queen into a totally unique 30-day system that helps readers reset their priorities, get their lives together, and lose weight for good. This book is revised and updated with a brand new chapter and foreword by the original author. Chalene gives readers the life-changing tools they need to change their habits with 30 days of practical steps that include pinpointing goals, reverse-engineering a course of action to achieve them, and kicking the clutter - whether that means junk food, draining exercise regimens, or toxic relationships. In one month, readers will learn how to create layers of accountability and support so that success is their only option. Additionally, Chalene shares 30 ridiculously easy and delicious Throw-and-Go Recipes that she (a self-confessed mess in the kitchen) created herself. And, of course, no book from Chalene would be complete without a workout! Chalene guides readers to find their soul mate workouts - the exercise they ll love for life and that will never feel like work. Finally, she gives readers the Bangin Body Workout: the 30 moves they need for total body fitness, for life!.



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