

5 Steps to Motivation: 5 Weeks to a Healthier You (Paperback)



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Reviews

Great e book and helpful one. It really is written in straightforward terms and not hard to understand. You can expect to like how the blogger wrote this book.

(Hudson Christiansen)

5 STEPS TO MOTIVATION: 5 WEEKS TO A HEALTHIER YOU (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 5 Steps To Motivation guides you to answer the ONE determining factor in whether you fail, or succeed in your health journey or any other journey for that matter. 37.9 of American adults age 20 years and over are obese. WHY? 32.8 of American adults age 20 years and over with overweight. WHY? 70.7 of American Adults age 20 years and over are overweight, including obesity. WHY? These statistics are according to The Center for Disease Control. 71 of the American population is overweight. The question is, WHY? The question that I want YOU to help you answer is WHY? Failure to control your health will lead you to higher risks of Type II Diabetes, higher risks of Cancer (especially breast, colon, and prostate), higher risks of Heart Disease, higher risks of Dementia, and countless others avoidable illnesses. Motivation IS the key element in successful living no matter the endeavor. Less than 10 of people finish something that they start. 80 of people who join a gym in January quit by June. WOMEN are 14 MORE likely to QUIT the gym before men (Ladies come on!) Answer the most important question known to mankind.



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