



## Love Yourself Fit: The Struggle-Free Way to End Your War with Weight, Eat Anything Live Happily-Ever-Healthy (Paperback)

By Lisa Nordquist

Lisa Nordquist, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The last place fitness appears is your body. The first place is your mind. Love Yourself Fit addresses the most essential and least discussed part of fitness: your mindset! How you think about food, feel about exercise, and perceive your body radically affects your choices. If you're struggling to show up for exercise, or you can't seem to stick with healthy eating, then this may be the most helpful book you'll read. There's plenty of information available on what to do to get in shape, but little available on how to get yourself to do it—the mindset you need to succeed! Love Yourself Fit is that how-to manual for your mind, helping you bridge the gap from knowing what to do, to doing it. Like having your own personal fitness coach, Lisa Nordquist will help you shift your perception, thoughts, and habits about your body, food, and exercise to a happily-ever-healthy frame of mind. She teaches you how to fall in love with fitness and create a dynamic partnership between body and mind. You'll learn how...



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