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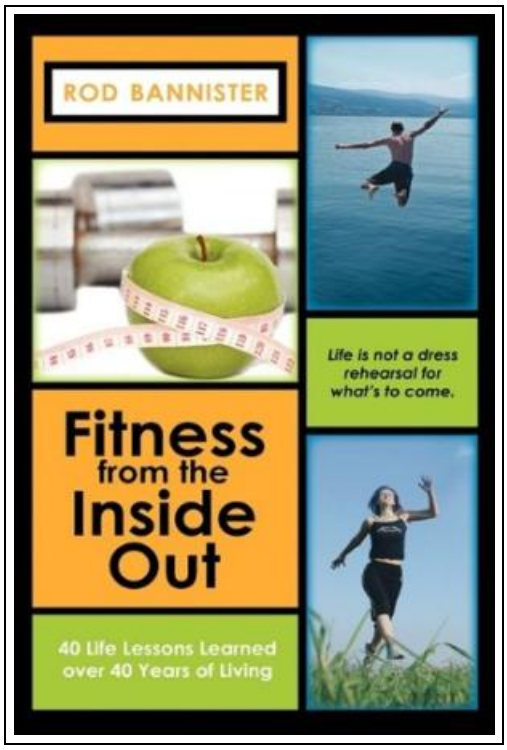

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Reviews

Merely no phrases to describe. It really is rally intriguing throgh reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.
(Kattie Wunsch)

FITNESS FROM THE INSIDE OUT, 40 LIFE LESSONS LEARNED OVER 40 (HARDBACK)

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ELOQUENT BOOKS, United States, 2009. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Internationally acclaimed squash and cricket player/coach Rod Bannister knows what it takes to play the game of life to the highest level. A sporting prodigy, he has also brought his competitive spirit to Premier grade Rugby Union, National level amateur bodybuilding and marathons. In his home country of New Zealand, Bannister specializes in Senior Leadership with global companies such as Konica, Coca Cola and Ricoh. He has worked at the general management and CEO level in the sport and fitness sales/marketing industry and holds several qualifications in the areas of exercise prescription, lifestyle and holistic coaching. With a commitment to providing everyone with the tools to develop and improve all areas of their life through regularly practicing the power of positive thought and physical exercise, Fitness from the Inside Out is a work that will transform lives. Bannister s practical, proven, results-based strategies culminate in long-term change. These are not philosophies for the weak of heart, but with perseverance, commitment, determination and discipline, you can create an amazing existence and chart your own winning course in life. Author Rod Bannister currently resides in Wanganui on the West Coast of New Zealand with his partner Marama. He is the proud father of three beautiful daughters.

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