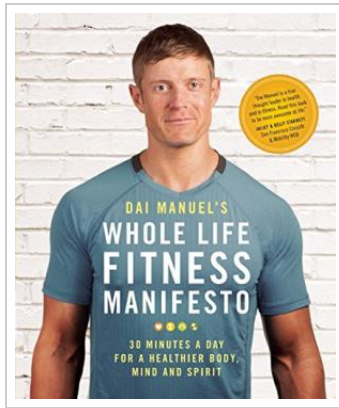




Dai Manuel's Whole Life Fitness Manifesto: 30 Minutes a Day for a Healthier Body, Mind and Spirit

By Dai Manuel

Lifetree Media, Canada, 2016. Paperback. Book Condition: New. 226 x 190 mm. Language: English . Brand New Book. Lifestyle mentor and fitness coach Dai Manuel's Whole Life Fitness Manifesto is a new kind of fitness book. It's not just about physical health but whole-life fitness that blends mindfulness and personal development with equipment-free workouts. This sustainable lifestyle extends beyond the book, allowing Whole-Lifers to connect with like-minded people in a supportive online community. The Whole Life Fitness Manifesto provides the tools you need to create a FUN-ctionally fit lifestyle at any age or level of ability, in 30 minutes a day. The Whole Life Fitness Power 30 program consists of: 15-minute equipment-free workouts that you can do anywhere Worksheets and diary pages to help you track your progress Photo-illustrated breakdown of more than 30 exercises Mindfulness and meditation tips Customizable workout plans Expert nutritional advice Personal development prompts An opportunity to access a thriving online community join the tribe! Learn how to re-program your body, make better choices, release excess weight, and become stronger, healthier and happier for the rest of your life. Join the thousands of men and women whose lives have been transformed by Dai S...



READ ONLINE
[1.32 MB]

Reviews

This ebook may be worth a go through, and superior to other. I could comprehend every thing out of this published e pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Prof. Damien Schuster PhD**

I actually began looking over this pdf. This can be for all those who state there was not a worthy of reading through. I am easily can get a enjoyment of reading through a written publication.

-- **Rafael Feeney Jr.**

Related Kindle Books



Anything You Want: 40 Lessons for a New Kind of Entrepreneur

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Anything You Want: 40 Lessons for a New Kind of Entrepreneur, Derek Sivers, Anything You Want is Derek Sivers' iconic manifesto on lessons learned while becoming an entrepreneur. You don't need a visionary...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



The Official eBay Guide: To Buying, Selling and Collecting Just About Everything

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The Official eBay Guide: To Buying, Selling and Collecting Just About Everything, Laura Fisher Kaiser, Michael Kaiser, Omidyar, Pierre, HAPPY HUNTING(TM) ON eBay Aunt Fannie's cameo pin collection.the cartoon-character lunch boxes you...



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



How to Start a Conversation and Make Friends

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, How to Start a Conversation and Make Friends, Don Gabor, For over twenty-five years, small-talk expert Don Gabor has helped thousands of people communicate with wit, confidence, and enthusiasm with his bestsellerHow...



Traffic Massacre: Learn How to Drive Multiple Streams of Targeted Traffic to Your Website, Amazon Store, Auction, Blog, Newsletter or Squeeze Page

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.3 Free Bonus Books Included! Attention: Online business owners. quote;Finally! How Would You Like To Tap Into...