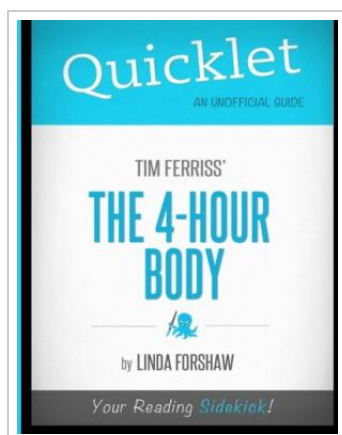




Quicklet - Tim Ferriss s the 4-Hour Body

By Linda Forshaw

Hyperink, United States, 2012. Paperback. Book Condition: New. 274 x 212 mm. Language: English . Brand New Book ***** Print on Demand *****.Quicklets: Your Reading Sidekick! This Hyperink Quicklet includes an overall summary, chapter commentary, key characters, literary themes, fun trivia, and recommended related readings. ABOUT THE BOOK Being a mother of three teenagers, staying in shape is important, if only for the purpose of keeping up with them. The problem for me was trying to find the balance between family, work, personal time, and school -- then, fitting my work out plan somewhere in the mix. It is amazing how the 4-Hour Body helped me restructure my weekly workout schedule. Growing up, I was always an active kid. I was biking up to as much as 15 miles a day during my grade school and junior high years. In high school I was lifting weights with the football team in the morning for phys ed, had dance group after school, and lifted weights again after homework and chores. It is safe to say, fitness has always been a part of my life. Even as a mom-to-be, I was doing pregnancy-safe exercise programs. The problem is, life set in and...



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