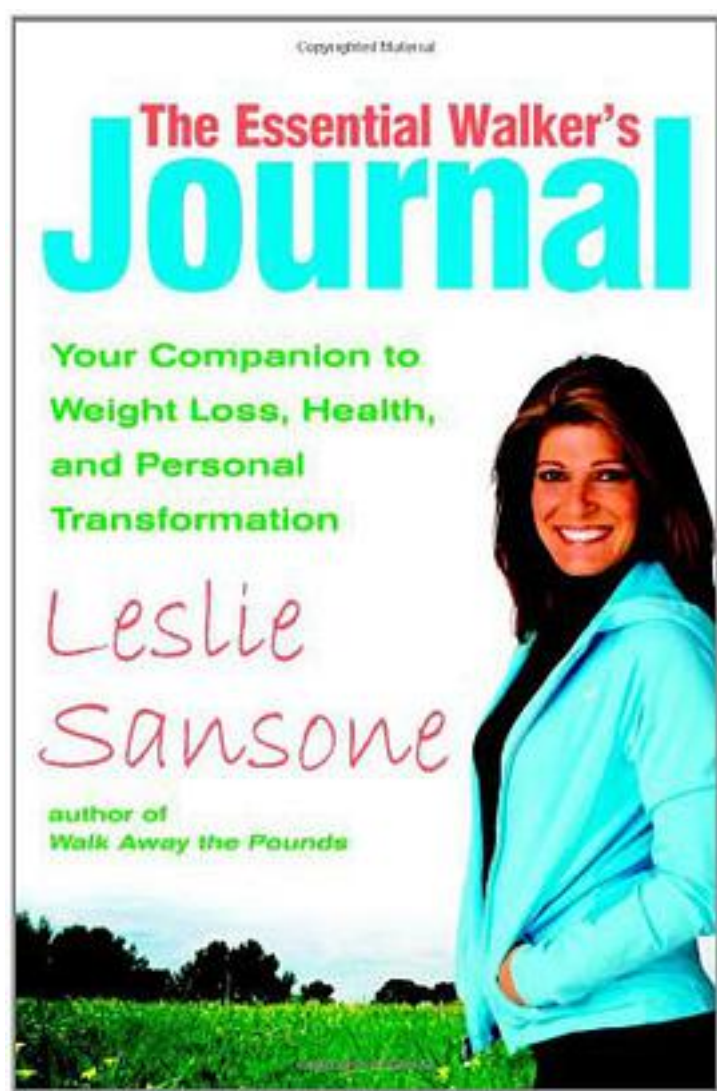


The Essential Walker's Journal



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出版者:Grand Central Pub

出版时间:2006-4

装帧:Pap

isbn:9780446693363

DESCRIPTION: #1 bestselling fitness expert Leslie Sansone provides the perfect companion to her video series with tools her fans need to get motivated, organized, and excited about exercise. Using the system she developed in Walk Away the Pounds (January 2005) and Leslie Sansone's Eat Smart, Walk Strong (January 2006), Leslie Sansone gives her thousands of fans the best tool yet for achieving physical, mental, and emotional well-being. THE ESSENTIAL WALKER'S JOURNAL lets readers document walking progress, eating habits, and overall health improvement from a personally customized routine that has been called "the simplest weight-loss program ever." In addition to getting physically fit, readers can achieve mental fitness by using the journal's inspiring messages, diary spaces, and self-assessment tests to explore their feelings and transform their lives.

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