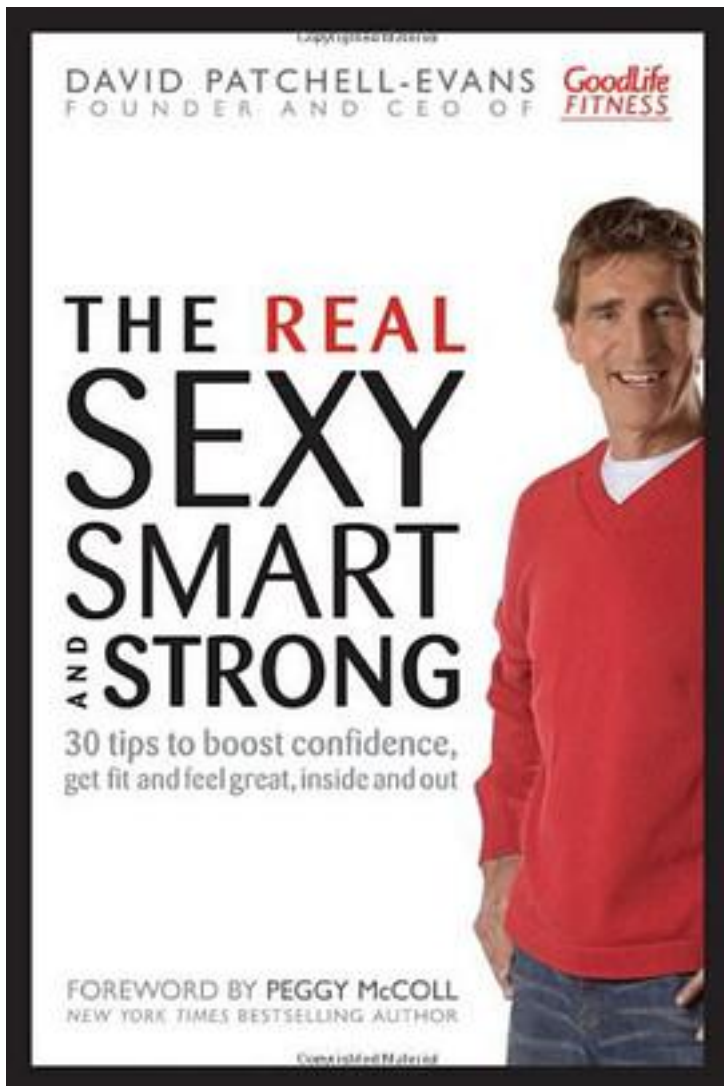


The Real Sexy, Smart and Strong



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出版者:

出版时间:2009-9

装帧:

isbn:9780470161241

"My life's passion is to connect people all over the world with their success potential. Patch's book confirms just how smart exercise is-for your success and for keeping every part of your life in top condition. A must-read for everyone!"-Jack Canfield, Co-creator, of The Success Principles How to Get from Where You Are to Where You Want to Be "Patch's passion for helping people live strong is palpable. His approach is inspired and I, for one, admire his deep commitment to living a healthier life."-Harley Pasternak, Author of the Five- Factor Diet and personal trainer to Hollywood's hottest stars Being fit is more than skin deep! In THE REAL SEXY, SMART AND STRONG you will quickly learn how to experience high levels of vital energy, become smarter and stronger, and make the very best of your body. You want to get started with something new – and make positive changes in your life– but where to begin? David Patchell-Evans is the master of inspiring and instructing real people how to enjoy the proven benefits of fitness – and he can do the same for you. Learn how to choose a gym, how to navigate the early days of starting your exercise routine, and what pitfalls to watch out for. As you progress there will be many obstacles and hidden sources of discouragement, Patch will show you how to overcome each and every one, and how to stick with it for life. There is more and more evidence proving that exercise is crucial to the total well-being of your body, mind and spirit. But does that mean we all need to spend hours in the gym? Absolutely not! In The Real Sexy, Smart and Strong, health guru David Patchell-Evans shows you a common-sense approach that is both easy-to-follow and fun – it's about enjoying yourself, and enjoying your body. Physical activity can be easy for everyone. Backed by the most recent research in the field, Patch focuses on your real commitment to health and well-being so that you can discover how your attitude, your thinking and your exercise can team up to enrich your life. Gain confidence. Be your own powerful definition of sexy, smart and strong. "We've all met that person who walks it, talks it, and makes the whole world believe it. It isn't about the size of their hips or their bank account balance. It comes from a deep sense of self which exudes through every pore in the body. Sexy is an attitude . . . not an aptitude! The Real Sexy Smart and Strong will show you how to access your own innate sexiness and before you know you, too, will be inspired and filled with this magical power!"-Crystal Andrus bestselling author of Simply . . . Woman!

作者介绍:

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