

VITAL LIVING FROM THE INSIDE-OUT JOHN ABDO

Read by the Author

Among some of the things you'll learn in John's program are: Myths and realities of fitness and nutrition. Taking personal inventory of yourself. How to stay motivated when you're feeling complacent. How to keep a good attitude even in the face of adversity. Setting up a fitness routine that fits your schedule. Simple diet changes to make without being radical. Rewarding yourself for a job well done! John's 'Brain-Waving' Technique for high self-esteem.

Accepting the "Doer Challenge" John's mission is to help people get healthy from the inside. That includes body, mind and spirit. Health and energy are imperative to live a successful life, not simply just to look good. We need enormous amounts of mental and physical health and energy whether it's building a business, raising a family, pursuing a career, hobby or participating in a sport.

John's program will help those striving for success in any area of their life and to break their goals down into smaller ones and perform the tasks they need then to achieve life's biggest goals.

Mission Audio Running Time: 5.2 Hours
Unabridged

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JOHN ABDO

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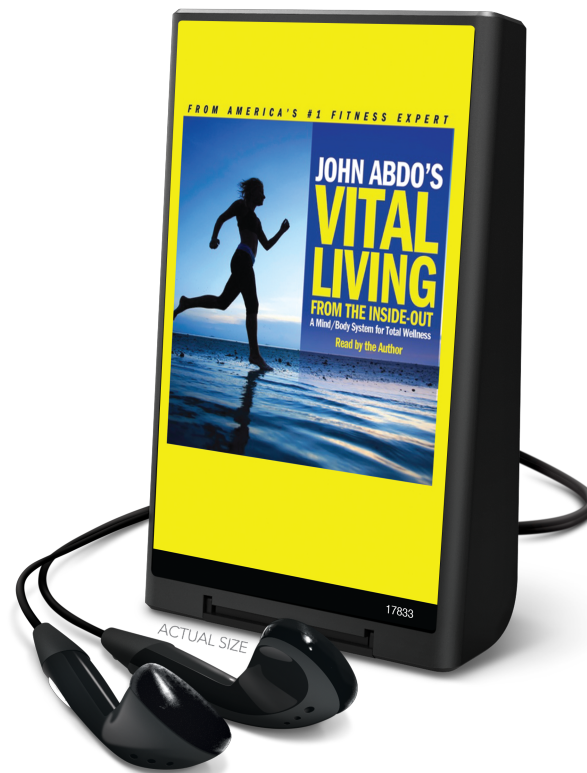
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