



Got Health-Style?: A Six-Week Motivational Guide for Your Health and Fitness Goals

Mary A. Tichi

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Are you ready to completely turn your life around? Not only to start working out, or to push yourself to some new fitness goal, but to really turn around your well-being?

This is not some rule-filled fitness-only book about how to do the perfect push-up or make the right low-cal kale salad. This is a guidebook pointing you toward a better life--a life free from the baggage of the past and filled with the promise of a new future.

Author Mary Tichi has been where you are: wondering how to move toward a healthier outlook. In *Got Health-Style?* Mary shares her own journey as she puts her years of personal coaching experience to work guiding you along the way. Her experience gives a unique and valuable perspective and offers accountability, motivation, and inspiration for any health goals. Supported by personal trainers and medical professionals, Mary's journal holds the promise of a new life for anyone who is serious about taking even the smallest steps that will lead to huge changes.

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The particular book Got Health-Style?: A Six-Week Motivational Guide for Your Health and Fitness Goals has a lot info on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. Tom makes some research before write this book. That book very easy to read you can obtain the point easily after looking over this book.

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