



Push (Hardback)

By Chalene Johnson

Rodale Incorporated, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. Chalene Johnson built a fitness empire from the ground up, selling over 6 million DVDs and helping legions of loyal fans shed pounds and transform their lives with her trademark enthusiasm and energy. Push , Chalene s first book ever, distils the wisdom that has made her a fitness queen into a totally unique 30-day system that will help readers reset their priorities, get their lives together, and lose weight for good. Chalene gives readers the life-changing tools they need to change their habits with 30 days of practical steps that include pinpointing goals, reverse engineering a course of action to achieve them, and kicking the clutter - whether that means junk food, draining exercise regimens, or toxic relationships. In one month, readers will learn how to create layers of accountability and support so that success is their only option. Additionally, Chalene shares 30 ridiculously easy and delicious Throw-and-Go recipes that she (a self-confessed mess in the kitchen) created herself. And, of course, no book from Chalene would be complete without a workout! Chalene guides readers to find their soul mate workouts - the exercises they...



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