



The Mind Diet: Your Guide to Greatness in Health and Life (Paperback)

By Cscs Edwina Cheer

Mind Diet by Celebrity Sports Nutritionist Edwina Cheer, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Feel like you can't get on top of this fitness and health thing? Tried all of the diets and the workout trends under the sun and still find yourself not living the health of your dreams? Starting and stopping and not knowing why? Introducing The Mind Diet! Generally speaking, many of the diet or exercise trends you may have seen (and tried) are not ineffective. Many of them do what they claim to do. However, nearly all of these trends are missing a crucial element for long term success in health. This is because the majority of health and wellness solutions in the marketplace today address the physical, but fail to address the mental well being of a person before embarking on a lifestyle change. Being mentally fit provides a foundation from which all of these diets and workouts can then be successfully executed. Simply put, for long term lasting success in fitness and health, it is integral that your mental fitness game have its own workout program too! The Mind Diet can be combined with...



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