



Make Exercise Easy: Frequent Flashes of Inspiration (Paperback)

By Lynn Kennedy Baxter

Lynn Kennedy-Baxter, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Companion book to Make Exercise Easy with Emotional Freedom Technique. A collection of short essays of quotes with comments, ideas of better ways to think about fitness, research of interest to the fitness enthusiasts and humor to stimulate your zest for fitness. Essays include: The Power of Five Footprints, not Butt Prints Muscle Math Sex, Lies and No Exercise The Power of Because Get to Paradise Horrible Warning 33.7 Million Times a Year Keep It Up, Guys The Power of Mental Muscles Summer Punch The Power to Persevere Go Straight Chains Ghosts, Goblins and Spirits from 31 essays.



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