



## Go! One Man s Guide to Health, Vitality Fat Loss (Paperback)

By Ian Tudor

Hybrid Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get fit, stay fit, and feel great! Packed with inspiration, Ian Tudor s Go! One Man s Guide to Health, Vitality Fat Loss, provides a foundation of philosophical power that keeps you on the road to success. With a focus on unlocking the full potential of the mind, Ian teaches how your thoughts synergistically work with a simple cardio routine and dietary structure to maximize your weight loss and increase your self-esteem. Ian draws on his personal weight loss experience to provide you with a clearly laid out path to reinvigorate your health, strengthen your mind, and vanquish your fears. In GO! , Ian shares his own story of suffering from creaking joints, flaky skin, crying into bottles of wine at night, and being publicly belittled as people patted his belly and asked if he was pregnant or when the baby was due. But all of that changed when he used the tools presented in this book to turn his life around. Today, Ian is able to do many of the things he couldn t before including handstands and pushups - not to mention...

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