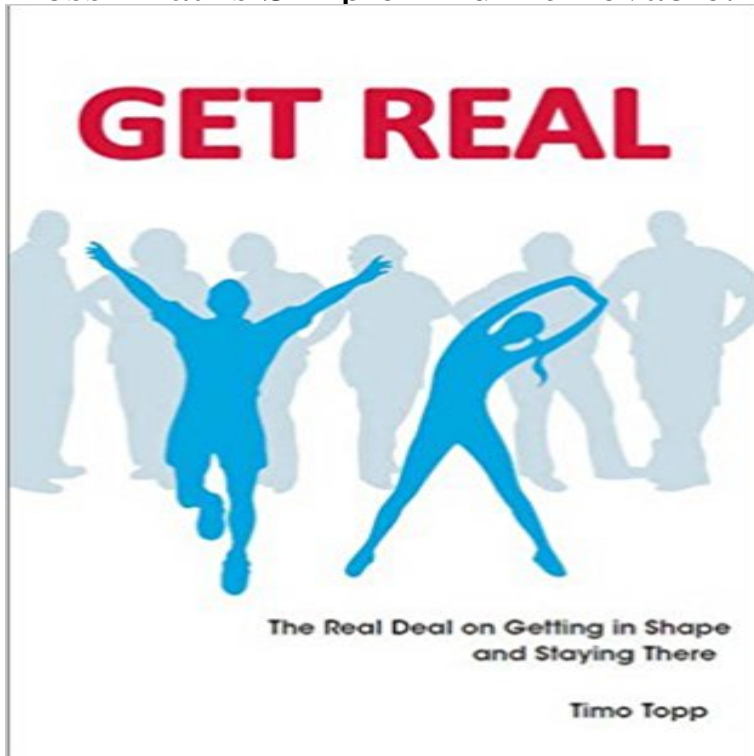


Get Real : A Down To Earth Approach To Lasting Health And Weight Loss That Is Simple And Achievable.

Get Real : A Down To Earth Approach To Lasting Health And Weight Loss That Is Simple And Achievable.



Looking good and feeling good - simple, easy and achievable. Don't you just find health and fitness too hard, confusing and contradictory? Most people do, but this book makes it simple and achievable for you, especially if you are busy and time poor. Forget about rapid results with minimal effort. Rather than losing four kilos in four weeks (only to put it back on again in another four weeks) how about enjoying life long health and looking good and feeling good every day, for the rest of your life? You see most people's focus is too narrow. They typically want to lose weight and look better. However if you focus on health, you get the whole package - optimal weight, optimal health and improved energy levels which in turn will give you a great quality of life. This book is about health and with it will naturally come weight loss. This book is the real deal. It's a down to earth approach. It is not a quick fix. It's not about the latest Hollywood diet. In fact, there are no diets in this book at all! It's a unique approach because it looks way beyond the traditional bastions of exercise and diet and addresses the much needed and overlooked principles of success, the major handbrake to health and weight loss plus so much more. You will be empowered and inspired with real information to make a real difference to your life. You will even find it fun, that's if you get my English sense of humour. You've made the first move picking up this book. Continue the workout by turning to the first page...

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my reasons. How about we first accept, be that as it may, that you've planned a successful letter and/or leaflet. Mailing #1. A few prospects will hurl your mail naturally. Most, be that € [Read more...] Direct Marketing ? Do Not Laser Your Envelopes March 12, 2016 By admin Leave a Comment Direct Marketing ? Do Not Laser Your Envelopes Envelopes that you gone through your laser printer look delightful when they first turn out. They appear as though they've gone through a battle region, however, when the letter achieves its last destination. Here's the reason: lasers use toner which is dropped onto the paper in little raised heaps and afterward gone through a fuser which warms the "heap" at around 400 degrees € [Read more...] Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals March 12, 2016 By admin Leave a Comment Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals I just kept running into one of my cousins at our nearby bagel shop (breakfast is the best time and place to meet individuals and complete some early morning work). He's a podiatrist (foot specialist) and lets me know the best, best technique he's utilized so far to achieve new potential patients is through regular postal mail. He pursues a particular business sector portion € [Read more...] Direct Marketing Restaurants ? If I Were Running a Restaurant March 12, 2016 By admin 1 Comment Direct Marketing Restaurants ? If I Were Running a Restaurant On the off chance that I were running an eatery, I'd showcase my business through a few distinct roads. Notwithstanding the customary ? and essential ? neighborhood daily paper publicizing, I'd make a rundown of the living arrangements inside of a 6-piece range of my business. Everybody inside of strolling separation would get a month to month release reporting what I'm doing € [Read more...] 1 2 3 € 7 Next Page Â» Search the site ... SEARCH ADS RECENT POSTS Direct Mail ? Your Mailbox is Off Limits! Direct Marketing ? Prospecting ? The Third Mailing is the Kicker Direct Marketing ? Do Not Laser Your Envelopes Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals Direct Marketing Restaurants ? If I Were Running a Restaurant RECENT COMMENTS Brad on 3 Tips on How Not to Lose a Job Scott on Direct Marketing Restaurants ? If I Were Running a Restaurant ARCHIVES June 2016 March 2016 June 2015 May 2015 April 2015 March 2015 CATEGORIES Ideas Jobs Marketing Money Personal Development Copyright Â© 2016 Â· Entrepreneurs Community

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