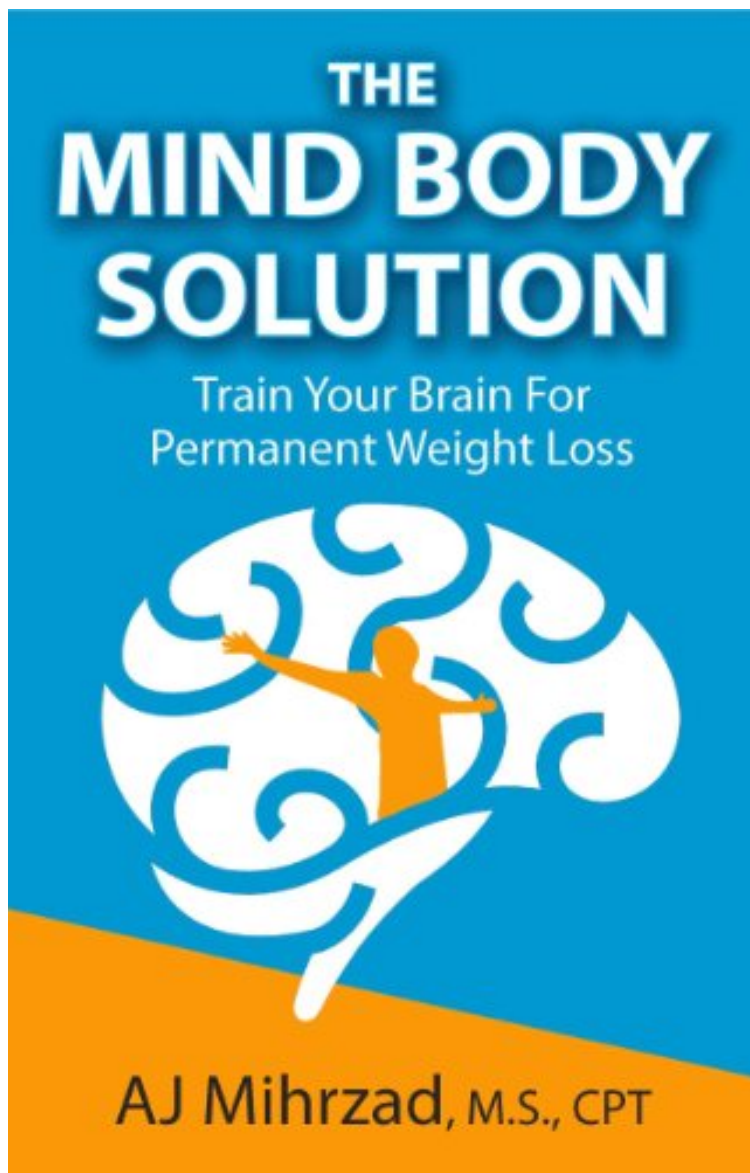


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The Mind Body Solution: Train your Brain for Permanent Weight Loss (English Edition)



Par AJ Mirhzad
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Description :

Prsentation de l'diteurAJ Mirhzad proves that the key to a better body that's in shape, energized, and youthful is a healthy brain. Based on the latest research, along with over a decade's experience as a fitness professional, "The Mind Body Solution" shows you how to train your brain for permanent weight loss. With practical, easy-to-implement solutions involving positive daily habits, AJ Mirhzad shows you how to reach and maintain your ideal weight, reduce the stress that can impair your immune system, sharpen your memory, increase your willpower, and eliminate the cravings that keep you from achieving your exercise

and diet goals. In addition AJ's Mind Body Solution will help you avoid depression and elevate the enjoyment you take in life's pleasures. Whether you're just coming to realize that it's time to get your body into shape, or are already fit and want to take it to the next level, "The Mind Body Solution" is all you need to start putting the power of the brain-body connection to work for you today. Presentation de l'auteur AJ Mirhzad proves that the key to a better body that's in shape, energized, and youthful is a healthy brain. Based on the latest research, along with over a decade's experience as a fitness professional, "The Mind Body Solution" shows you how to train your brain for permanent weight loss. With practical, easy-to-implement solutions involving positive daily habits, AJ Mirhzad shows you how to reach and maintain your ideal weight, reduce the stress that can impair your immune system, sharpen your memory, increase your willpower, and eliminate the cravings that keep you from achieving your exercise and diet goals. In addition AJ's Mind Body Solution will help you avoid depression and elevate the enjoyment you take in life's pleasures. Whether you're just coming to realize that it's time to get your body into shape, or are already fit and want to take it to the next level, "The Mind Body Solution" is all you need to start putting the power of the brain-body connection to work for you today. Biographie de l'auteur AJ Mirhzad is the owner of Life Fuel Fitness based in Great Neck, New York. LifeFuel Fitness has been Voted the #1 Fitness/Weight-Loss Program in Long Island by the Best of Great Neck Award Program. AJ is also the founder of LifeFuel Supplements, along with fitness software called LeanBuddy. AJ has been featured in Mens Fitness and on Bodybuilding.com. AJ has a Bachelor of Science degree in exercise science and nutrition as well as a Masters in psychology.

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