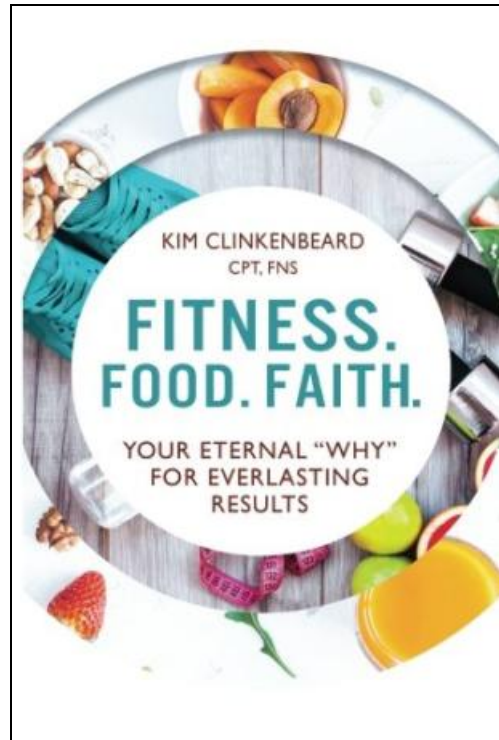


Fitness. Food. Faith.: Your Eternal Why for Everlasting Results



Filesize: 7.43 MB

Reviews

This book is great. it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe.
(Leopold Schmidt)

FITNESS. FOOD. FAITH.: YOUR ETERNAL WHY FOR EVERLASTING RESULTS



Get Fit With Kim, L.L.C. Paperback. Condition: New. 282 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. This is not another self-help, weight loss, quick fix, or my way is the best way book. Instead, I will take you on a journey through everything I have learned over the past 26 years my mistakes, successes, failures and struggles all which have led me to discover the true meaning of health and MY SECRET to EVERLASTING RESULTS has NOTHING to do with FOOD or EXERCISE! If there was a program, diet, strategy or once-and-for-all solution, I tried it. If it was written, I read it. If it was a certification, I got it. If it was an infomercial, I probably bought it! I have shed blood, sweat, tears, and money for the possibility of a lean, healthy body. As a result, I was miserable, despite my successes as a fitness professional and athlete. My projection of perfection isolated me and left me with little influence. Others viewed me as someone who could not understand their struggles with weight loss, and my biggest fear came true. I couldn't help anyone because I became unapproachable. Little did they know, my dirty little secret. I went from racing 70.3 Ironman Triathlons (1.2-mile swim, 56-mile bike, 13.1-mile run) to a couch potato. My job suffered. My marriage suffered. My relationships suffered. My faith was shaken. I felt like I had no control over anything, including my thoughts but especially my health. I was on the brink of losing it all, until one test result led me down a path of physical, mental, and spiritual healing, and a transformation that I could have never imagined. If you are lost, frustrated, sick, tired, and ready to throw in the towel if you find yourself willing to settle for the way...



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