

Six Steps to Perfect Health: How to Feel Better About Yourself and Take Control of Your Health by Exercising Influence Over More Than Just Diet and Exercise

Rory Miller



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BONUSES: *Get a **FREE PDF** copy of this book with purchase* *Link included for **FREE** online health assessment* *Do you feel like you've tried everything, and still struggle with weight loss? Are you tired of rigid, step-by-step fitness and exercise routines that seem impossible to stick to? Is managing your health and fitness one of the more stressful parts of your life? Are you convinced that you must be the problem because diet and weight loss seem so difficult for you?* The **problem** with traditional, one-size-fits-all fitness plans and programs is that they often lack flexibility. This can leave you frustrated and confused when you aren't able to stick to the exercise or diet plan perfectly. The *really* strict ones can even make you feel like it's YOUR fault. The **solution** that I offer, based on years of experience helping people achieve their health and fitness goals, is to begin with your *thinking*. Your perspective and attitude are the two most valuable tools for your success in anything, *especially* health, weight loss, and longevity. In "Six Steps to Perfect Health", I give you a fresh look at how to manage your health and fitness, and clear, easy-to-understand actions that you can take TODAY. **Inside you'll learn:** *Why success begins with *thinking*, not *doing* *The **7 rules** for success at *ANYTHING* *The **6 areas** that determine your health and fitness **TODAY**

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