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Million Ways to Live

Luke Sniewski

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If you're tired of fad diets and trendy exercise programs and you want lifelong change, this book will provide you with the tools you need to create a sustainable healthy lifestyle. Your healthy lifestyle will focus on six healthy lifestyle principles:

Real Food, Movement, Rest & Relaxation, Lifelong Learning, Community, and Love.

The six principles will allow you to create a healthy lifestyle that is unique and specifically designed for your goals, personality and life. We are all different and unique in our own right. Even though the principles are universal, they can be applied in a million different ways. You get to choose. You will be your own wellness guru.

Instead of focusing on specific goals, Million Ways to Live provides you with healthy habits that replace the bad habits that have created your unhealthy lifestyle. After the Lifestyle Transformation program, you will be healthier, happier and leaner than you ever thought possible. The evidence of your Lifestyle Transformation will be in your mind and body transformation.

This book is for people who want to focus on their health first and foremost. Aesthetic goals can be important, but they happen naturally when you create a foundation of health. This is how to create long-term weight loss and weight management, not with crash dieting and detoxes. Health is the relationship between you and your body. Million Ways to Live will teach you how to recreate that relationship.

This book is also for trainers, coaches, classroom teachers, yoga teachers, life coaches, professionals, managers and parents; the ideas in this book will empower you to take responsibility for your own health and understand the comprehensive and holistic aspects of wellness.

What you'll get from Million Ways to Live:

- Healthy Lifestyle Principles practiced by healthy people around the world. Don t believe it? Watch our international documentary web series, Million Ways to Live.

- 26 Healthy habits that make any health and fitness goal possible. It s all about building health behaviors that replace unhealthy triggers.

- 1-Year Lifestyle Transformation program that builds a sustainable healthy lifestyle from the ground up.

- Reconnect with your body and learn to trust your body s innate wisdom.

- Comprehensive and holistic approach to health that acknowledges physical, mental and emotional aspects of health and well being.

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Bill Flores:

Information is provisions for anyone to get better life, information these days can get by anyone from everywhere. The information can be a expertise or any news even restricted. What people must be consider when those information which is inside former life are challenging to be find than now's taking seriously which one would work to believe or which one often the resource are convinced. If you receive the unstable resource then you get it as your main information we will see huge disadvantage for you. All those possibilities will not happen in you if you take Million Ways to Live as your daily resource information.

Stacey Smith:

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