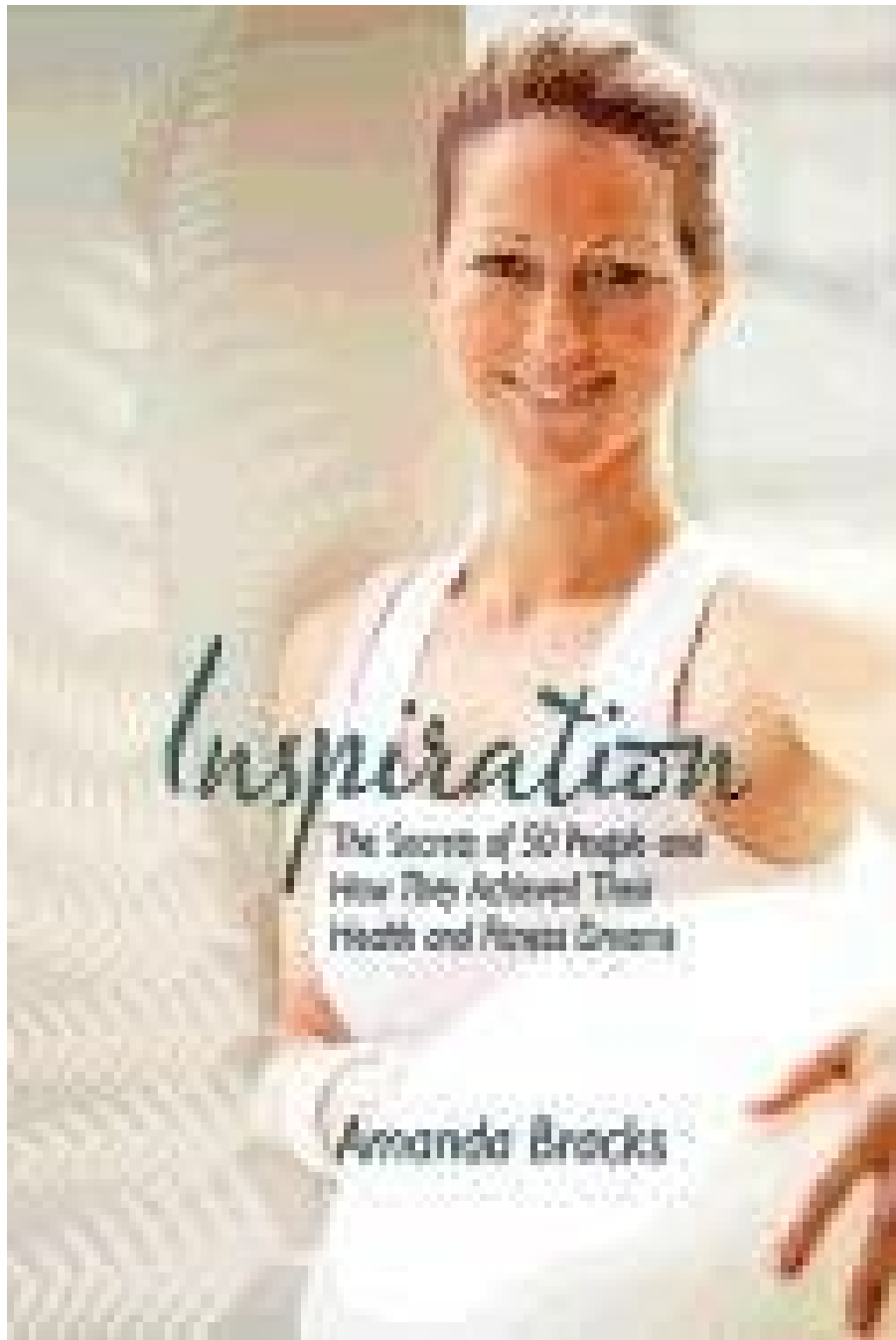


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BY AMANDA BRACKS PDF

Inspiration: The Secrets of 50 People and How They Achieved Their Health and Fitness Dreams tells the story of 50 inspirational people who wanted to change their lives and did. Amanda Bracks has been working in the fitness industry helping others achieve their fitness and health goals for over 16 years, and knows many secrets that she is ready to share with those who want to change their lives. She was so inspired from seeing people achieve their goals on a daily basis that she interviewed 50 people whom she thought would inspire others to believe in themselves, and start their own health and fitness journey. With growing health problems and obesity epidemics all over the world, it is evident that people need motivation, inspiration, support and advice on how to lose weight, tone up, get fit, eat well, and look and feel the way they want. The stories in this book have been written with passion and heart, and will give incredible Inspiration and encouragement as it tells The Secrets of 50 People, true success stories about real-life people and how they achieved their diverse health and fitness goals. Some of them had to face massive adversity and setbacks, but with persistence and help they managed to feel the exhilaration of their accomplishment. They did it and you can too! Use this book as your Inspiration to start. About the Author: Amanda Bracks of Sydney, Australia, has been working in the fitness industry since 1995. Publisher's website: <http://www.strategicpublishinggroup.com/title/Inspiration-TheSecretsOf50People.html>

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One of the most powerful books I've ever read

By John Rambo

I was lucky enough to get a preview copy of this book, and I literally read it in one day. The stories are very powerful with each one better than the previous. Amanda Bracks did a great job getting the deepest of information from the 50 people featured in her book. This book is a perfect read if you're looking for a great pick-me-up, or you need some inspiration from people who are just like you who have proven that you too can get healthier and live a better life. There were 6 stories in particular that tugged on my heartstrings and I will be re-reading these stories often. I recommend this book!

0 of 0 people found the following review helpful.

Fantstic Inspiration to Lose Weight

By Mandy B

I have to review this book because after reading all the stories it motivated me to join a gym and lose 23 kilos in 5 months and I feel like a new person. The best thing about this book is that it's not like other books that tell you what to do in a boring way, these are stories of real people that have 'lives' like us normal people and tips about how they achieved their goal weight and health. Wonderful and thank you for sharing - you made a massive difference to my life

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