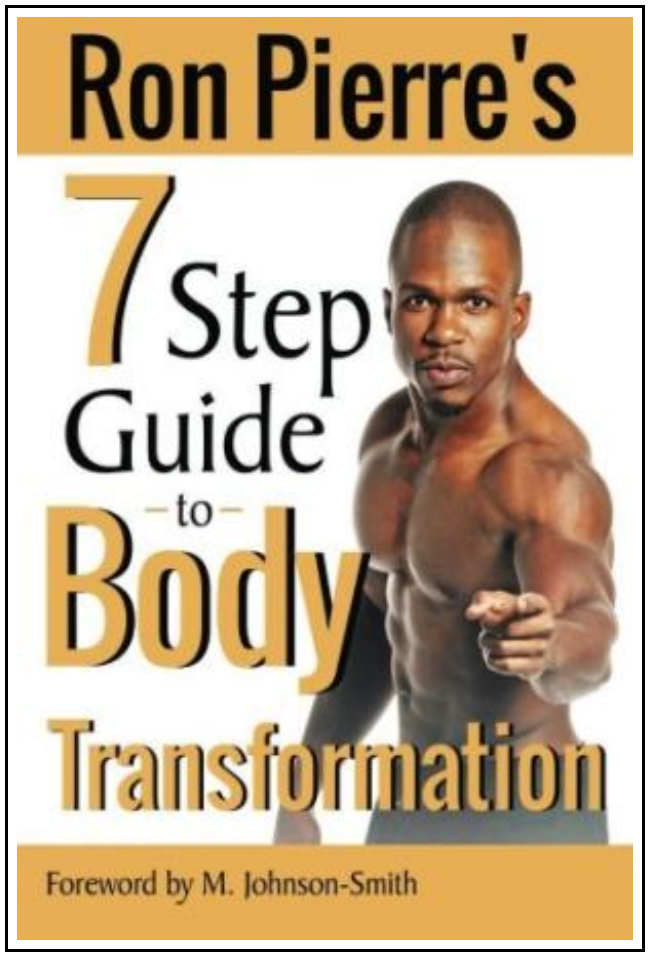
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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Ron Pierre s 7 Step Guide to Body Transformation is an easy-to-read, no-nonsense action plan that brings to surface some of the most important obstacles that hold us back from achieving positive body transformation. Whether you want to shed 10 pounds or 100, whether you want to build muscle or just look more toned, this book is a true body transformation guide that shows you how to get permanent results the safe, healthy, and natural way by building off mental principles that power action oriented results. Ron Pierre has built a fast growing reputation as an energetic, personable, fitness personality praised for no non-sense, can do approach to fitness and personal health. In 7 Step Guide to Body Transformation, Ron reveals the body transformation secrets of that have defined his regimen over the last 10 years. This is not a diet book; this is a breakthrough set of principles to change your life and get you leaner, stronger, fitter, and healthier. Inside the book, you ll discover following chapters: - Creating the Desire to Transform. - Coach Yourself to Commit. - Shop Up for Practice. - Embrace the Mind Body Connection - Getting Into Routine. - Understanding Resistance. - Seeing Results. Ron Pierre s 7 Step Guide to Body Transformation is not about getting as ripped as a fitness model or becoming a bodybuilder like Ron did; it s about using these principles to activate the transformation you want to see within yourself. You will be referring to these time tested ideas for years to come.

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