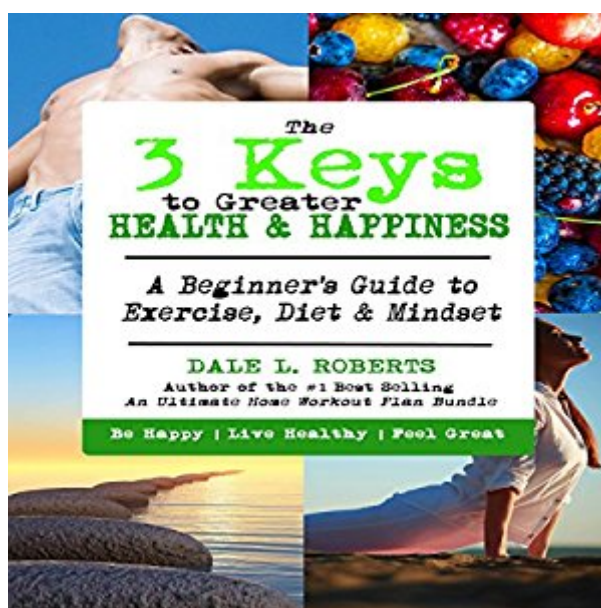


The book was found

The 3 Keys To Greater Health & Happiness: A Beginner's Guide To Exercise, Diet & Mindset



Synopsis

Are you tired of yo-yo diets and workouts designed to kill you? Wouldn't it be nice to have a resource with all the information you need to get healthy at your own pace? Then *The 3 Keys to Greater Health & Happiness* by best-selling author Dale L. Roberts is just the book for you! This beginner's guide to exercise, nutrition, and mindset is a comprehensive approach and helps build a long-term solution to your health and general well-being. Life shouldn't be about looking like an emaciated fitness model or a muscled-out bodybuilder. And, this book tells you exactly why and how it is possible to have your cake and eat it too. In this book, you'll learn about: Where to start if you are a beginner What is the best initial first steps What to expect when losing weight How to eat right but enjoy a few good things in life How to work out from the comforts of your own home or the gym What types of exercises are best for beginners Why body weight exercises are fun and easy What foods will boost your metabolism to shed unwanted weight And, so much more!

Book Information

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in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

Lots of good advice in this book. 7 hours per night sleep is the one that I keep forgetting but is essential. Also, some good advice on drinking a lot of water, despite its lack of taste.

Lots of useful information in this book. An interesting read, well worth reading, I'm sure this book will be very useful.

This book is a great read for anyone wanting to kick start a healthy lifestyle! Whether it be someone who wants to lose weight or just get in better shape. There is tremendous insight in this book! Great read and very informative!

This book is filled with useful tips and exercises for a beginner and seniors. I would recommend it!

This book is titled "The 3 Keys to Greater Health & Happiness," but I feel like I got way more than I paid for. The best thing about author Dale Roberts is his no BS practical advice. I found his writing to be very approachable and insightful -- even intense sometimes when he hits the mark about issues that most of the people in our society are struggling with. For me it was the issue of sleeping more than 12 hours. He suggests that this might actually reflect deep-seated issues that we might not be cognizant of. This book was a delight to read. I'll be looking for more from Roberts.

This book is a complete guide for a healthier life. The author provides you with the essential tools needed to become not only healthy but happy. This book is very detailed and easy to follow. If you are looking to change your life for the better, I recommend this book!

Dale is a passionate fitness expert with a real talent for conveying the benefits through excellent writing. I know his work personally and could not be more endorsing about his sincerity and genuine desire to help his audience be all that they can be.

For anyone interested in seated exercises, there is a section in this book that I felt was excellently done.

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The 3 Keys to Greater Health & Happiness: A Beginner's Guide to Exercise, Diet & Mindset
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