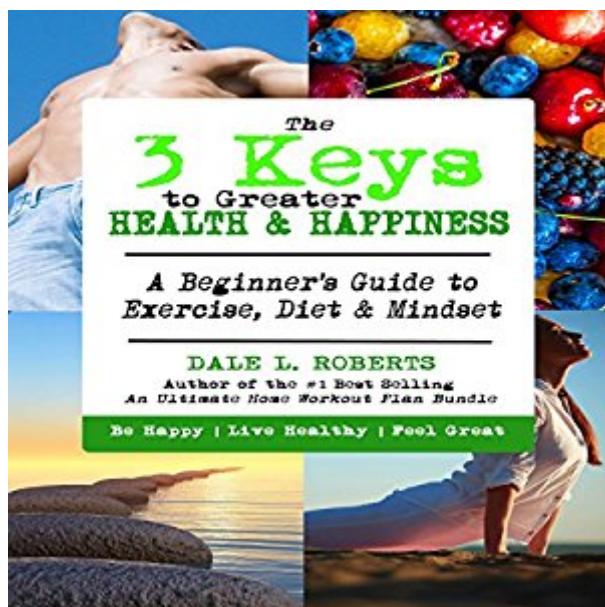


The book was found

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
Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker,

Paleo For Beginner, Paleo Recipes) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know
BONUS 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels..: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes,ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic

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