



Transform: Reclaim Your Body & Life From the Inside Out

Michelle Armstrong

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Transform: Reclaim Your Body & Life From the Inside Out Michelle Armstrong

TRANSFORM. . .is not like any other book about weight loss that you've read. It's more than a diet prescription and exercise routine. There are plenty of books that can help you with that. TRANSFORM offers something new and profound. A step by step approach that will empower you to transform your physical self AND your life by discovering how to tap into and modify the mental and emotional programming that is sabotaging your ability to create the results you want.

TRANSFORM teaches you how to make long-lasting change to your body and life by making powerful and profound modifications to your psychology and mindset. It's more than just a meal plan and a workout---it's a blueprint for living a more fulfilling, healthier life!

TRANSFORM doesn't just tell you what to do---eat this, train that. Most people know they should exercise more and eat cleaner. Although TRANSFORM does provide this information too. It's not what you already know that's the issue. It's what you don't know about yourselves that is sabotaging your ability to act on what you know. TRANSFORM reveals to you through an experimental approach how to identify and remove the sabotaging blocks to your success.

TRANSFORM recognizes that we are more than just a body. We are made up of the mind, the body and the spiritual---we are mental, emotional, spiritual, energetic AND physical beings. For true transformation and total wellness to occur ALL of these facets of Self must be addressed. This is why TRANSFORM takes a holistic approach to physical transformation which is more than just diet and exercise---your mental program and emotional behaviors and programming must be explored, scrutinized and examined.

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From reader reviews:

Mary Grays:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their own spare time to take a wander, shopping, or went to the actual Mall. How about open as well as read a book called Transform: Reclaim Your Body & Life From the Inside Out? Maybe it is to become best activity for you. You know beside you can spend your time together with your favorite's book, you can better than before. Do you agree with its opinion or you have other opinion?

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