

Why do you have to write about your own journey to fitness? Well, because writing reveals the areas that need to be improved and those that need to be removed. It allows you to review your processes and see to it that you maximize the time you have dedicated to exercise. Maybe someone you love can use your experience as guide to getting fit, too!

Proust, the Body and Literary Form (Cambridge Studies in French), Cymbeline (Shakespeare kurz und bundig), Reduced Shakespeare: The Attention-Impaired Readers Guide to the Worlds Best Playwright [Abridged], Knee Deep in the Game (Urban Books), Bilanzpolitik: Mit Aufgaben und Losungen (German Edition), La memoria de los perros (Spanish Edition), The Struggle for Missouri, Images of the Modern Vampire: The Hip and the Atavistic,

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