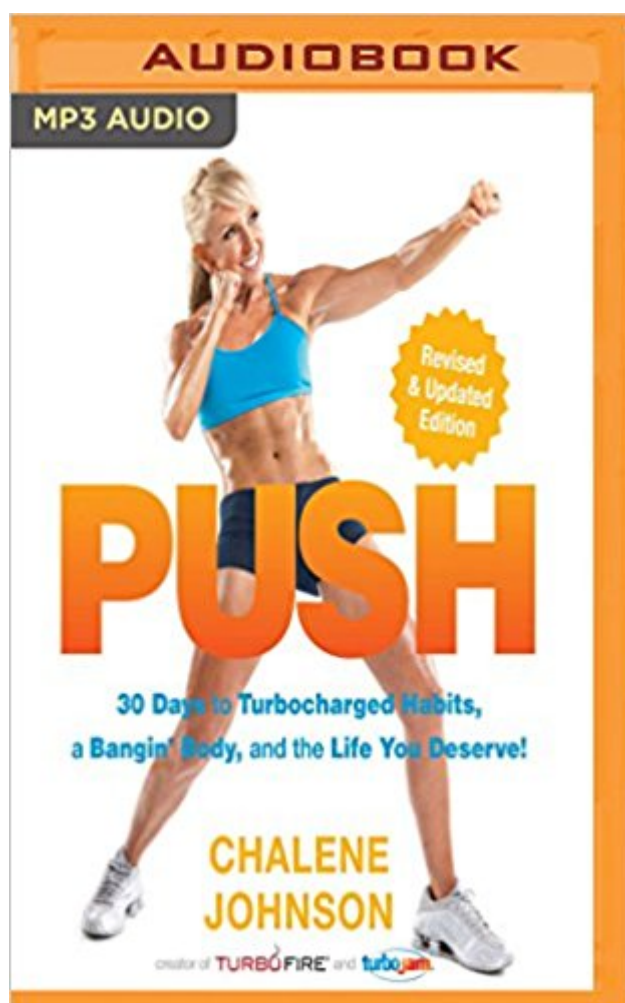


The book was found

PUSH: 30 Days To Turbocharged Habits, A Bangin' Body, And The Life You Deserve!



Synopsis

Let Chalene Johnson turbocharge your habits, your diet, and your life with the updated, enhanced edition of PUSH. With a brand new chapter, PUSH distills Charlene's hard-earned wisdom and expertise into a totally unique 30-day system that will help you reset your priorities, develop new habits, and lose weight for good. Chalene gives you the life-changing tools you need to change your habits with 30 days of practical steps that include pinpointing goals, reverse-engineering a course of action to achieve them, and kicking the clutter - whether that means junk food, draining exercise regimens, or toxic relationships. In one month, you will learn how to create layers of accountability and support so that success is your only option. PUSH also includes 30 ridiculously easy and delicious Throw-and-Go Recipes that Chalene (a self-confessed mess in the kitchen) created herself. And, of course, no book from Charlene is complete without her Bangin' Body Workout: the key moves you need for total body fitness - for life!

Book Information

Audio CD

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Customer Reviews

Tanya Eby has been a voice-over artist for over a decade. She is an Audie-nominated and AudioFile Earphones Award-winning narrator. Besides narrating, Tanya spends her time teaching creative writing classes at the collegiate level, blogging, and working on her own novels.

Life changing book. Get organized, get fit, get things done! I highly recommend this book to all my entrepreneurial friends and anyone who needs help with time management. Excellent, practical, and

strategic from start to finish with easy to apply methods for success in everyday life.

HIGHly recommend this book. It led me to Chalene's website which has introduced me to eating in an amazing way. Lost 12 lbs in 3 weeks and am regaining health I thought was Lost Forever. Can't Wait to get in further in the book. **AMAZING!**

So much more than a fitness book, I am a 1/4 way through and can see how the activities laid out will improve my life in more ways than just my physical fitness level or nutrition habits. I will be ordering extra copies for my family.

Please, how could you not love all things Chalene!!! She is an amazing mentor and I love this book..

I think this book is a life changer for me! I struggle so much with defining my goals, and keeping the focus. Chalene really breaks down the breaking down of goals, keeping it simple, and easy to follow. I'm excited to see what the year will bring for me! After about 28 days, I am already seeing the changes.

This book was the catalyst for changing my life for the better! I actually bought the E-book just before her book launch and I got to do this 30 day push along with some amazing women!! I have gone on to repeat the 30 day push 2 more times as well as smart success and I get something new every time !! ãĉÂ•Â¼Ã Ĥ Â•

Wonderful motivator!

This was one of the most life changing books I have read in my whole life! Motivating and inspiring, helped me realize what I was doing wrong and why I wasn't being more productive, and completely flipped that around on it's head! With simple yet effective step by step daily tasks in 30 days the way you live your life will change, you will learn how to free up more time and learn how to make the most out of the time that you do use! Prepare to be PUSHED!!

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Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1)
Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Mazda MX-5 Miata 1990 thru 2014: Does not include information specific to turbocharged models (Haynes Repair Manual) Lucky Peach Presents Power Vegetables!: Turbocharged Recipes for Vegetables with Guts Habits: Easy Habits for a Better Life. (Life, Business, Success, Habit, Happiness) Body Thrive: Uplevel Your Body and Your Life with 10 Habits from Ayurveda and Yoga millionaire success habits: 2 Manuscripts - Millionaire Mindset habits and simple ideas for success you can start now, Money top secrets of accumulating more money Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) Reinvention Roadmap: Break the Rules to Get the Job You Want and Career You Deserve Super Secrets of Successful Executive Job Search: Everything you need to know to find and secure the executive position you deserve Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve I Shouldn't Be Telling You This: How to Ask for the Money, Snag the Promotion, and Create the Career You Deserve Big 4 Accounting Firms Interview Questions: 32 Questions & Answers to Get You the Job You Deserve The Law of Attraction, Plain and Simple: Create the Extraordinary Life That You Deserve The Laidback Lifestyle (Anyone can have it): "The Laidback Approach to Achieving More, Stressing Less, and Living The Awesome Life You Deserve. Sex Without Pain: A Self-Treatment Guide To The Sex Life You Deserve Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)

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