

Download Push 30 Days To Turbocharged Habits A Bangin Body And The Life You Deserve Chalene Johnson

Chalene Johnson - Push: 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve jetzt kaufen. ISBN: 9781609613334, Fremdsprachige Bücher - Diät & Gewichtsverlust 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. Let Chalene Johnson turbocharge your habits, your diet, and your life with the updated 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 Johnson built a fitness empire from the ground up, selling over 6 million DVDs and helping legions of loyal fans shed pounds and transform their lives...