

Take Charge Fitness At The Edge Of Science

Free of fads, poor science, gimmicks, and unrealistic expectations, a practical guide to weight control discusses the causes of obesity, health concerns in dieting, exercise programs for various fitness levels, the role of metabolism and genetics in weight control, and more, accompanied by healthful recipes, sample menus, and critiques of popular dieting programs. 75,000 first printing.

Create your own personal fitness and wellness success stories with Hoeger and Hoeger's FITNESS AND WELLNESS. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools to extend your learning beyond the text. FITNESS AND WELLNESS offers you the most current coverage and practical guidelines to take charge of your health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

A balanced, scientific, and practical approach to monitoring and maintaining your brain's agility and mental health. How do you expand your brain's skills? How do you keep your brain working at its best as it ages? Bookshelves are full of writing by charismatic authors claiming they have found the answer, whether they are neuroscientists, psychologists, or mystics. The Brain Fitness Book looks at the well-established science and recent scientific revelations, and offers a well-balanced, clear, and colorful practical guide to keeping your brain fit. First, it shows you how your brain works--explaining how memories are stored and recalled, for instance, and how different parts of your brain have different functions. It then gives you practical advice and a whole range of exercises to improve memory and mental agility and keep your brain working to its maximum potential. The book includes mental exercises and activities, featuring challenges from logic puzzles and visual reasoning to language learning and sensory exercises, stimulating as many parts of the brain as possible. As well as mental stimulation, the book highlights the role and importance of sleep, a healthy diet, and physical exercise. An agile, healthy brain is not only less prone to age-related decline, it can also conquer stress, anxiety, and the risk of depression. Keep challenging your mind in new ways with The Brain Fitness Book and maintain your brain.

You sweat, burn, and fast until you're exhausted...only to fall into a tailspin of stress, overindulgence, and blame. If you're like most women, you've been through this vicious cycle more times than you can count. But what if fitness wasn't about fixing flaws and shrinking sizes? What if your workout could be uncomplicated, energizing, and even fun? Fitness coach Nia Shanks has helped countless clients reinvent their mindset around exercise, nutrition, and body image. Based on her wildly popular blog, Lift Like a Girl is so much more than a workout program. It's an empowering lifestyle built around discovering the strength you never knew you had. Along with her practical, step-by-step approach for getting proven results in the gym, Nia breaks through the weight-loss cliches that keep too many women dissatisfied, depressed, and constantly on a diet. Find out how good it feels to lift like a girl, and leave the gym feeling more awesome than ever.

On "The Biggest Loser," Harper gives contestants the practical tools and psychological insights they need to get into shape. In his book, he offers a strategy for getting at the root of negative thought patterns, an easy-to-follow eating plan, and a fitness plan geared to make exercise an integral part of daily life.

*The No.1 Sunday Times Bestseller James Smith has already changed thousands of lives with

his international phenomenon Not A Diet Book. Are you ready to change yours? Are you sick of always wearing black and getting undressed in the dark? Are you fixated with a number on the scales? Are you afraid to step into the gym and commit to a routine? Is your confidence at an all-time low? Is all of this having a negative impact on your life, relationships and happiness? With every tool you'll ever need to learn to reset your current mindset and attitude towards your diet and training, chapters include: * Fat loss versus muscle gain * Metabolism and 'body types' * Protein targets and calorie tracking * Common fitness fallacies * Female fat loss * Supplements * Training versus exercising * The importance of sleep * Forming habits This book will put you back in control. It is not a fad diet or a short-term training plan. It will empower you to adopt better habits that will allow you to take charge of your life.

The New York Times bestselling author of Strong Women Eat Well and fellow Tufts University scientists present a simple plan that has been proven to reduce the pain and immobility caused by arthritis... Strong Women and Men Beat Arthritis shows the direct connection between a strength-training program you can do at home and the reduction—and even prevention—of arthritis symptoms. No other research study using an exercise program has ever showed the results that the Tufts study achieved: a 43% reduction in pain, a 44% improvement in physical function, and a 71% improvement in strength. This book offers all the tools you need—and more: · An exercise program designed specifically to protect the joints and relieve stiffness and soreness · A scientifically based eating plan to reduce inflammation and pain · A hands-on guide to the latest medications · The real story on complementary therapies—which ones work? Which ones don't? · ...

Four secrets to looking and feeling younger than ever. Becoming Ageless presents a three-month, detailed diet and exercise plan to create a leaner, more muscular and happier you. Developed by business mogul and fitness buff Strauss Zelnick--founder of the private equity firm Zelnick Media Capital and president and CEO of Take-Two Interactive, the company behind blockbuster video games such as Grand Theft Auto and NBA2K-- the strategies contained in Becoming Ageless are the same tactics that allowed Zelnick to evolve from a skinny, out-of-shape business executive (a workaholic wunderkind who headed the film studio 20th Century Fox in his early 30s) to one of the world's fittest and most physically active executives who reached his best-ever shape in his late 50s! "If you believe my fitness buddies," Zelnick writes, "I have a body that's aging in reverse...And Becoming Ageless is filled with the amazing tips and unique principles you'd find if you trained with me."

It's well known that if you want to keep your body fit, you must do some regular exercise. But when it comes to our mental health, few of us take the time to maintain and improve it. For some reason, we expect to be in great mental shape without doing any work. And when we realise we're struggling, we look for a quick and easy fix instead of developing the skills that will help us in the future. Enter The Mind Workout - a home exercise programme for improving your mental health and fitness. Developed as a result of Mark Freeman's own recovery from mental illness, The Mind Workout combines mindfulness, Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT). It outlines twenty easy-to-follow steps you can take to free yourself from the ways of thinking and behaving that cause mental health challenges in your life - from cutting out the compulsions that cause uncertainty, anxiety and distress to relieving stress and distraction. The Mind Workout is the key to making the switch from a frenetic, anxiety-driven life to one that's based on your core values. It will leave you feeling mentally stronger, fitter and better equipped to navigate the complexities of everyday life.

Unlock your product management potential and achieve breakthrough performance for your products and company! If you're looking for an effective and proven approach to product management – one that recognizes that the majority of product managers enter the field with little or no training and must learn through trial and error – this is the book for you. Take

Charge Product Management guides you step-by-step along the product management path with tips, tactics, and tools to make you and your products more successful. Whether you're a new or experienced product manager, or a seasoned executive leading a team of product managers, this hands-on guide arms you with best practices to optimize your time and effectiveness and increase your value. Learn how to:

- Understand what's expected of you at each stage of your company's growth
- Add value to your organization by understanding your executives' expectations
- Evaluate the range of product management approaches available
- Gather the mission-critical information you need to succeed
- Develop an effective vision for your offering
- Align your organization behind your product decisions
- Form cross-functional teams and synchronize with the development team
- Shift from reactive to proactive product management
- Document your results

International bestselling author, Leanne Vogel delivers the ultimate resource guide for women looking to take charge of their health through a fat-fueled, ketogenic diet. Leanne draws upon her many years of experience as a Nutrition Educator as well as her personal success to bring women this first-ever custom built nutrition program that will meet their individual needs. Keto for Women delves into what the keto diet is (and is not) and how women can reap the many health benefits by using a targeted method specifically designed for their bodies. Throughout her book, Leanne teaches women how hormone imbalances cause many of the negative symptoms they experience and what keto foods and protocols will work best to remedy those. By teaching women how to understand their bodies, they will be empowered to find solutions that are right for them as individuals and stay in control each step of the way. Leanne sheds new light on the role nutrition plays in: thyroid imbalances, menopause, PCOS, adrenal fatigue, pregnancy, menstrual cycles, sex drive and more. She also details the positive effects of the keto diet on emotional and mental well-being giving women a path to total health, mind, body and soul. Keto for Women provides customizable resources with ingredients that target and balance specific health problems. Leanne also offers maps that you can follow to develop personalized meals that are based upon the ingredients chosen for your unique needs. Keto for Women complements Leanne's 12-week program (happyketobody.com) that has helped more than 3,000 women take charge of their health, using a customized ketogenic diet to balance their bodies.

Do you want to become a successful professional? Do you know what it takes? There are many soft skills you need to master in order to become great. Skills not taught in any school. You also need a plan for your career that begins with your first interview and never ends. The approaches of over twenty outstanding professionals and the secrets of my own success as a prominent entertainment attorney and law firm leader are gathered in one practical manual designed to show you how you can take charge of your career. Learn from successful lawyers, accountants, and other professionals about the many tips they picked up along the way that apply to you. Tips and ideas to guide you through your entire career. "Whether you are in college or just starting your career, this book is a roadmap to turbo charge your career." - Bill Carmody, TEDx Storyteller, Executive Coach and Bestselling Author of *The Three Rules of Marriage* "A thought-provoking, practical and insightful book loaded with 'nuggets of gold' to power your career forward." -Barry Beloff, President, Inspiratum Executive Coaching "Advice and insights on the dynamics of practice that should be part and parcel of a professional education." -Justice Lorne Sossin, former Dean, Osgoode Hall Law School

Here's the problem: 17 million Americans suffer from heart disease, and every year 1 million of them will be just lucky enough to survive a heart attack. They know they must change their lives—their diet, their stress, the amount of exercise they do. And not for a few months, but forever. Most don't do it. What they need, as much as low-fat recipes and fitness plans, is daily motivation—a reassuring yet no-nonsense guide to staying the course to heart health. Here's the solution: From Joseph C. Piscatella, one of the longest-surviving bypass patients in the

U.S.—31 years and counting—comes a supportive, generous, think-positive book that shares the secret of his extraordinary success. This is the stuff that kept Joe going—a year-long selection of motivational stories, inspirations, quotes, wisdom, meditations, tips, and more. When it's 5:00 A.M. and raining outside and you're tempted to skip that morning jog, remember "runner" Bob Ireland, a Vietnam vet who lost both legs in the war yet finished the New York marathon using only his arms, the first person ever to do so. Think little things don't make a difference? Take a lesson from golf: An average of less than 1.5 strokes per round in the 2002 season made a \$5.6 million difference in earnings between #1 golfer (Tiger Woods) and #10 golfer (Sergio Ggarcia). And why a book of everyday entries? "People often say that motivation doesn't last. Well, neither does bathing—that's why we recommend it daily."—Zig Ziglar. Doctors increasingly prescribe "cholesterol lowering" drugs that patients will take every day for the rest of their lives. But a daily pill only addresses a small part of the cholesterol problem. In this book, Dr. Richard Furman shows you how to understand what your cholesterol numbers mean, how best to change levels of both the "lethal" LDL cholesterol and the "hero" HDL cholesterol, and how to adjust your lifestyle in order to stay off of expensive medications that don't address the whole problem (and often have negative health-impacting side effects). Ready to take charge of your cholesterol?

Why is The Healthiest You different from every other health, diet, and fitness plan? Because it works. Dr. Kelly Traver understands that the human brain resists change. Only when we learn the secrets of how to get our brain to work for us, not against us, can we make healthy, permanent lifestyle changes. By combining recent cutting-edge discoveries in neuroscience with the latest information in medicine, nutrition, and fitness, Dr. Traver developed the Healthiest You program and initially tested it on her patients, ranging in age from twenty to eighty-one. Her results were astounding:

- Among those who were overweight, the average weight loss was 19 pounds.
- Among those who were diabetic, 80 percent achieved a reduction in their blood sugar.
- Among those with high blood pressure, 87 percent returned their blood pressure to normal.
- Some 80 percent of the smokers successfully kicked the habit.

In the course of 12 short weeks, readers can achieve similar success by following Dr. Traver's simple, straightforward instructions to work with this stubbornly change-resistant organ so that it not only accepts new, healthy lifestyle habits, it actually embraces them. You can use this empowering information to remotivate yourself whenever your enthusiasm starts to wane. With the powerful tools provided by The Healthiest You, you can learn to change your body and your life, simply by understanding and working with your brain.

From a renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated edition of the popular alternative guide for taking charge of your perimenopause, filled with up-to-date research, including the latest information on Hormone Replacement Therapy, mood swings, weight gain, and nutrition for women thirty-five and older. Before the Change offers a gentle, proven, incremental program for understanding your body's changes and controlling your symptoms during perimenopause—the period of about ten years leading up to menopause—to help you feel great through this vital phase of life. Inside you'll find: A clear explanation of the symptoms of perimenopause and a

self-diagnosis quiz; Safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs, and natural hormones; A guide to nutrition and healthy diet, with tips for foods that prevent and alleviate symptoms. In addition, this revised and updated edition includes: An expanded section on the pros and cons of soy as a natural phytoestrogen; An expanded discussion of hypothyroidism, its connection to hormonal imbalances, and the best natural treatments; A full analysis of HRT, including advice for safely weaning yourself off of synthetic hormones, and an overview of herbal, lifestyle, and diet options and modifications available for women who have had a hysterectomy, have risk factors or a history of breast cancer, osteoporosis, or heart disease. With this essential do-it-yourself program, say good-bye to hormone havoc simply, safely, and naturally!

The authors offer those with Bipolar Disorder a four-step plan towards managing the illness and creating lasting stability.

Know what's driving your doctor's decisions—and how to protect yourself.

Through compelling real-life stories, *Health Your Self* reveals the forces that compromise your medical care, and arms you with the tools to navigate around them. • When a doctor refers you to a colleague in a hospital, there's a hidden influence: he gets a bonus. • When a psychiatrist prescribes medication to school children, it might have more to do with the colossal overreach of drug companies than something your kids actually need. • When you are handed unnecessary painkillers at urgent care, the doctor could be bucking for a five-star rating on a patient satisfaction survey. Enough of those, he gets a raise. *Health Your Self* turns you into a smart, practical—and brave—healthy skeptic. “Backed with her twenty years of health reporting for *Time*, Janice M. Horowitz produced this eminently readable guide that empowers you to get the healthcare you really need. More knowledge, less waste, better care.” —Frank Lalli, the Health Care Detective™ at NPR's Robin Hood Radio “This is a controversial book and I'm ready for the tough questions my patients are bound to ask after reading it.”

—Jane Farhi, Cardiologist, Lenox Hill Hospital, New York City “Finally, your own personal and portable patient advocate! Chock full of personal stories, this book is a public service. You'll wind up the smartest person in the waiting room.”

—Lillie Rosenthal, D.O., New York City “*Health Your Self* takes you behind the privacy curtain. When you turn the last page, you realize you were just handed everything it takes to get the best medical care possible.” —Leslie Laurence, Co-author of *Outrageous Practices*

TIRED OF JUST GOING THROUGH THE MOTIONS? Discover how to have a life that is true to YOU! Take charge of your health and your life with this detailed guide from certified health coach Kirsi Bhasin. Recounting her journey to health after collapsing from exhaustion, she shows you how to create a life you love, instead of feeling like a robot running from meeting to meeting, unfulfilled. There is no one-size-fits-all solution, so this book contains a variety of techniques for making your life work for you. You'll discover your internal sense of happiness so

you can live a more vibrant, energetic life, even during challenging times. Learn simple ways to treat your body with care and love. Make the most of your relationships, beginning with your relationship with yourself. Feel more confident, have enough energy to lead a joyful life, and be fully present every day. Become the best version of YOU! "I have already started implementing some of the ideas from this book into my daily life and have noticed a difference. I even had a co-worker point out that in the past 2 weeks I seem really 'upbeat.' I took time to figure out my priorities and working on them, and cutting out the things that I don't want to." - Jenn Yandrisevits

Examines the science of fitness to help readers choose the method that suits them best.

Dr. Paul believes "it's time to stop relying on prescriptive drugs to alleviate all ailments and instead take charge of your own life wellness. He walks readers through the genes that are key to our physical and mental fitness and longevity, the genesis of those genes, and how actions play a role in the expression of genes in our bodies. Each chapter concludes with ... actions that help readers start managing their daily well-being and encourages them to personalize his steps for their own bodies and lifestyles."

Move beyond conventional treatment of children's learning, behavior and mood problems... Motivated by the staggering number of children with learning, behavior and mood problems who are not being helped by the traditional treatment approach, Dr. Gluckman offers a proven and effective drug-free option. Dr. Gluckman's treatment program challenges the traditional, compartmentalized approach that labels children with multiple diagnoses and treats them with medication. She strongly advocates using medication as a last resort for children with these problems. Based on many years of experience working with parents and children of all ages, Dr. Sandy Gluckman has observed that there is a problem-free child with a healthy spirit, body and brain, trapped behind the layers of learning, behavior and mood symptoms. Dr. Gluckman describes a healthy and safe way of freeing this child. The unique aspect of Dr. Gluckman's treatment solution is that stress is seen as the original trigger for all learning, behavior and mood symptoms. She describes how stress impacts the child's spirit and how this will negatively impact the physiological and neurochemical functioning of the body and brain. In this book she guides the reader, methodically through her 3-Step Parents, Take Charge program. The reader will learn exactly how to find and treat the stress and the underlying physiological causes of the child's symptoms. Her NeuroParenting toolbox gives the reader parenting skills to balance the child's chemistry, as part of their daily routine. The book is written in an easy-to-read, engaging way, complete with illustrations that explain the content. It is filled with research, information, stories and case studies that bring to life the benefits of this drug-free treatment program. The content is based on a synthesis of the newest research and insights drawn from functional medicine, interpersonal neurobiology, psychology and neuroscience as well as Dr. Gluckman's own clinical experience.

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incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools online to extend your learning beyond the text. FITNESS AND WELLNESS offers you the most current coverage and practical guidelines to take charge of your health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

For nearly ten years, Judge Glenda Hatchett has delighted TV audiences with a brand of justice that turns the everyday into something eminently watchable. Her message can be distilled into the following two words: Dare Yourself. Whatever obstacles or fears one faces, Judge Hatchett's prescription implores readers to write their own story in this life. With care and conviction, Judge Hatchett uses real life stories from the courtroom and her personal life to counsel readers. Shows them how to find their true purpose and gifts, to be real about their reality and its potential outside of challenging circumstances, and to always be true to themselves. Interactive as well as inspirational, DARE TO TAKE CHARGE challenges the reader to ask self-reflective questions that lead to moments of self-discovery and a defined pathway to healing. Daring her audience to study the positive with the same interest and intensity that they study the negative, Judge Hatchett uncovers the potential for grace and success in lives that are now punctuated with despair and unfaithfulness.

Based on personal experience with her husband's disease, a professional chef offers a guide to living a healthy lifestyle with Parkinson's disease, emphasizing nutrition and exercise as a way of maintaining optimal health and offering recipes that combine a wide variety of anti-oxidant, nutrient-rich ingredients.

It's well known that if we want to keep our bodies fit, we must go for a run from time to time. But why do so few of us take the time to develop our mental fitness too? Enter The Mind Workout: a home exercise programme for improving your mental health and fitness. Developed from Mark Freeman's own recovery from several mental illnesses, The Mind Workout combines mindfulness, Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT), to outline a groundbreaking - health first - approach to strengthening mental and emotional wellbeing. The Mind Workout will leave you feeling stronger, fitter and better equipped to make healthy changes while navigating the complexities of everyday life.

"This step-by-step guide, written by a best-selling author and former Wall Street titan, provides all the information--and inspiration--you need to feel better, reduce aches and pains, and push back against aging with a personalized fitness program that's right for you. Whatever your fitness goals or preferences, this book is designed to help you pursue the health program that works for you. An inspirational speaker, author, and former Wall Street rainmaker, Jim Owen was 70 when he decided he had to get fit. Years of a chair-bound lifestyle were taking their toll. Realizing that the old bodybuilding approach was no way to tackle the stiffness, weakness, and aches and pains that come with age, he set off on a journey of discovery and transformation. With help from the experts, he developed a common-sense, step-by-step program that can be tailored to any level of physical ability. Along the way he learned why cardio machines aren't

enough, what it takes to be "functionally fit" for daily life, and how to stay motivated. Today, Owen is in better shape than he was at 25, and he is a passionate evangelist for fitness as a way of life. He has proved that you don't have to be powerless in the face of advancing years: if you make a commitment to "just move," you can take charge of the aging process and make your coming years the best they can be. The book is divided into two sections, with the first providing fascinating information and the second showing step-by-step details of how to put the best fitness principles into practice."--provided by Amazon.com.

Everyone wants a super-quick fix to lose weight, but here's the secret: The only way to get the results you want is to love yourself and your life. Jennipher Walters and Erin Whitehead, founders of the uber-popular website Fit Bottomed Girls, have spent years helping hundreds of thousands of readers fall in love with a healthy lifestyle. Now, they are sharing their 10 principles that will help you lose weight, love your body, enjoy your workouts, and face every day with a positive attitude—all at the same time! Being a Fit Bottomed Girl is about more than just the size of your rear: It's about feeling physically and mentally energized every day, no matter what is going on in your life. In this definitive guide to becoming an FBG, you will learn how to: *Ditch the diet drama and learn to follow your true hunger cues *Create your own workout schedule that feels more like more fun than "work" *Develop the inner confidence and self-love you need to go after your best life From the best way to enjoy a piece of chocolate (yes, eating chocolate is encouraged!) to designing a workout around your favorite guilty pleasure songs to easy ways to break free from the scale and build confidence, The Fit Bottomed Girls Anti-Diet is packed with the tools you need to design a healthy life you love. Come see for yourself what thousands of women have already discovered: being an FBG rocks!

Take Charge of Your Destiny teaches how you can create a compelling vision for your future, eliminate any subconscious blocks in your way, and design a life of abundant health, success, prosperity and joy--exactly the kind of life you were born to live. Here is just a sampling of what you will learn: How to break the illusions that are holding you back. How to easily uncover the resistance that is blocking your progress. Why you're never too old to pursue your dreams. How a simple question can improve interpersonal communication. How to create your own personal health team with you as captain. What to do if you're not rich yet. How to attract more money into your life easily and joyfully. How to feel better no matter what happens. How taking a few simple steps can lead to ultimate success.

The author encourages readers to be more optimistic about their bodies; he says you don't have to get weaker and fatter as you age. Clarence Bass discovered that he could look as good at 70 as he did much earlier and encourages readers to have the same great expectations for themselves - at 30, 40, 50, 60, 70, and beyond. In Great Expectations, he provides both the example and the science to show that the body will keep responding to the demands of sensible training far longer than most people think possible. Vibrant health, fitness, and leanness are there for those who choose to train, eat, and live well. What's more, suffering is not required or even helpful. To be truly successful over the long term you must

enjoy your diet and training. The details are in Great Expectations.

This book provides the needed basic information for good health. The contents are invaluable. The author's simple style of writing enables every person to understand and easily apply it's recommendations. The most important investment you can make is the investment in your health. It's never too late to start. The book aims at supplying the most important points on health and how deficiencies in our food, which are caused by many factors of modern lifestyle, can be supplemented for maximum nutritional effectiveness.

The traditional approach to strength and conditioning has been all about getting bigger and stronger, but at what cost? Joint pain, tendinitis, bursitis, non-contact sports injuries, and lower back pain are just a few of the potential by-products. In Return to Center, Rocky Snyder takes a refreshing approach to improving human performance without the drawbacks of pain and reduced mobility. This new methodology bases each program on the individual, their posture, and their unique gait pattern. No two people have identical lives, so why should they have identical programs?

Describes yoga exercises, discusses the basics of nutrition, and explains how to treat medical problems through the use of yoga and diet

I have never taken a personal branding class before but this one today was so informative. A lot of the information I will take and use it in all aspects of my professional and personal life. I have also almost have my personal branding statement, which I am so excited about. Presenter and content were both fantastic. The exercises were thought-provoking and will definitely prove useful in many professional settings. Guisselle is very passionate about her knowledge. I really enjoyed her charisma and how she engages with the students. Very funny!!! These are just some of the comments and feedback Guisselle Nunez has received from attendees of her powerful 'Take Charge of Your Brand' workshop. And now, she's taken the same information she shares in these game-changing workshops, coupled with her 20+ years of marketing and communication experience and poured it into this book. Using the knowledge and experience included in these pages, readers will have exactly what is needed to help curate the perfect strategy and action plans to reach and exceed their personal and professional goals as a brand.

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