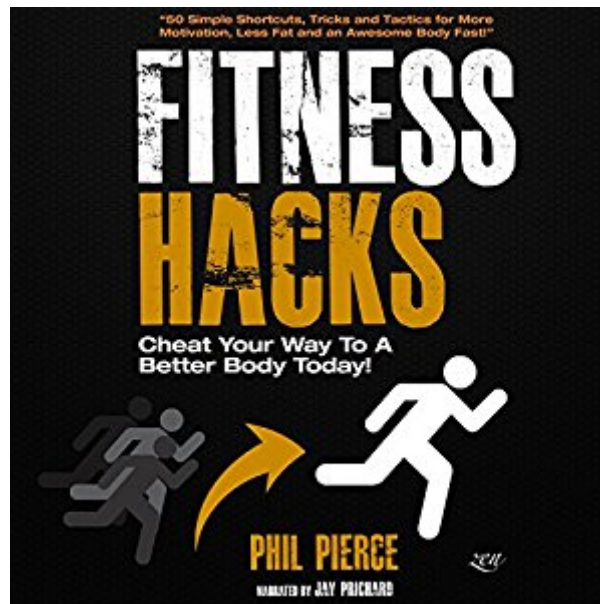


The book was found

Fitness Hacks: 50 Shortcuts To Effortlessly Cheat Your Way To A Better Body Today!



Synopsis

Do you want to know how to cheat your way to a better body fast? Discover 50 simple shortcuts you can use right now for more motivation, losing fat, and building muscle and a healthier, happier body fast! Even if you've no time or money, this expert guide, with insights from top fitness coaches and cutting-edge research, skips the BS and hard work and exposes the efficiency shortcuts you can take right now to get an awesome body and feel good! Do you know how to slash your workout time by 75 percent and get better results with one tactic? Want to learn how you can get fit even if you like watching TV or playing video games all day? Learn about the one exercise trick proven to make you work harder and feel less tired Discover how to unlock your brain for powerful motivation with proven psychological hacks Get secret tips for hacking your gym most people don't know Discover how to trick your mind into eating less, even if you hate diets! Find out how you can avoid the number-one diet mistake 99 percent of people make Hear why you can afford to skip _____ but never _____ Discover the lazy way to build muscle doing something you do every day Uncover the one shocking truth about diets that you need to know! Find out the biggest hidden obstacle to weight loss and how to destroy it Plus get a bonus book and much more! With over 50 effective and intelligent tips and tricks for your home, gym, exercise, diet, and mind, this guide contains the latest information to help you quickly and efficiently get in shape now and for the rest of your life! Cheat your way to a healthier, happier body today.

Book Information

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Customer Reviews

I found this book after reading another by Phil Pierce, How to Meditate in Just 2 Minutes: Easy

Meditation for Beginners and Experts Alike. (Practical Stress Relief Techniques for Relaxation, Mindfulness & a Quiet Mind) which I also enjoyed and learned a great deal from. What I really love about this book is his philosophy of efficiency. That you don't have to kill yourself with exercise and spend hour after hour at the gym to be fit. That overdoing it can cause you more harm than good. To my surprise I already do a lot of what he suggests in this book. He makes it abundantly clear that little things, when repeated over time can have huge results. That change does not have to be drastic or painful, but that small, positive changes to your lifestyle can and WILL have long-lasting benefits. He gives so many tips in this book it's practically a bible for living healthy, happy, working out and being fit. The one minor complaint was I wish he explained some of the exercises; like what is a squat thrust or a tuck jump. Apparently that is an exercise left to the reader. That aside, all concepts are super easy to comprehend, and best of all- to follow. Nothing here that is impossible for anyone. Beginners and intermediate fitness enthusiasts alike will get something out of this book. In fact I think if you're a beginner you'll be at an advantage because you'll learn some of the best ways to get fit before learning all the wrong ways from some of the gurus and fitness books out there. The section on foods that are healthy are a good reminder of what to eat and keep in our diet.

Author Phil Pierce sets the ground rules or fundamentals of his new book right off the bat: 'You'll see the term 'mental resistance' (and ways to beat it) come up several times in this book. In summary it is the conscious push-back we have in our mind when we think about something difficult, tiring or perceived to be hard work. It's for this very reason that the many lifestyle changes promoted by the myriad diets, self-help gurus and other experts simply won't stick in the long term. They are easy to read about, easy to get excited about in some book or website, but once we examine the process further we realize it requires huge adjustments to our daily life. In general we like our life the way it is; our brain craves stability and doesn't want this to change. When thoughts of a big alterations to our daily existence enter our mind they becomes an obstacle we simply can't overcome. It builds and builds until we discard it altogether. It's for this reason that this guide takes a completely different approach. Yes this book can change your life and massively improve your health, but not by making you undergo drastic changes or forcing you to face pain and suffering. This book focuses on "easy wins". The effective and fast lifestyle changes so simple that you barely even consider them, and ultimately find it easy to introduce them as part of a regular routine.' Or as he progresses he assures us that 'routine or systems are key' - admitting that we all are lazy. What he provides is the relatively simple way to alter our lazy routine into a fun and proactive one.

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