



Live Fit and Be Well: A Personal Transformation Workbook

Erik Hajer

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Short-term diet and exercise fads lead to long-term frustration. Imagine instead how it would feel to transform by developing a sustainable and enjoyable lifestyle that unlocks your potential. Imagine how it would feel to have explosive energy, abundant vitality, and look fantastic to boot. Imagine a personalized program that integrates leading- edge fitness, an intuitive approach to food and an accessible system for breaking through the limiting beliefs, habits, and fears that may have derailed you in the past. You are invited to transform frustration into lifelong success with Live Fit and Be Well: A Personal Transformation Workbook. Join thousands of others who have made their connection using Erik's breakthrough system.

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