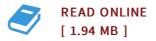




Fit to Lead: The Proven Solution for Shaping Up Your Body, Your Mind, and Career (Paperback)

By Dr Christopher P Neck, Tedd L Mitchell, Charles C Manz

Carpenter s Son Publishing, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. The health benefits of getting and staying in shape are well established. But few people realize that getting fit can also help them excel at work, be better leaders, and perform daily tasks with more energy, focus, and creativity. Written by a team of leading fitness experts at the renowned Cooper Wellness Program, FIT TO LEAD brings together the latest research on how leaders can get and stay in shape for life. Filled with practical suggestions, success stories from top-level clients, and insights from leaders that include past Presidents, the book represents a realistic, easy-to-follow, and lifechanging plan to help achieve body fitness, nutritional fitness, and mental fitness. Features include: A customize eight-week plan that includes simple stretching, endurance, and strengthtraining routines. Advice on creating a satisfying. healthy diet plan and overcoming the perils of the on-the-go eating. Techniques for setting goals, visualizing success, and learning other keys to mental fitness and effective self-leadership, as well as Superleadership of others. This proven, step-by-step program will return rewards for a lifetime, helping readers feel great, prosper in the workplace, and...



Reviews

This ebook is fantastic. It is actually writter in straightforward terms rather than hard to understand. Its been designed in an extremely straightforward way and it is merely soon after i finished reading through this ebook through which in fact modified me, alter the way i really believe.

This ebook is so gripping and exciting. it was writtern very flawlessly and valuable. I found out this publication from my i and dad suggested this ebook to understand. -- Leif Bernhard MD