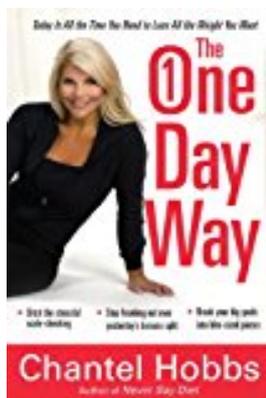


[PDF] The One-Day Way: Today Is All The Time You Need To Lose All The Weight You Want

Chantel Hobbs - pdf download free book



Books Details:

Title: The One-Day Way: Today Is All
Author: Chantel Hobbs
Released: 2009-10-06
Language:
Pages: 224
ISBN: 0307458784
ISBN13: 978-0307458780
ASIN: 0307458784

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

Review "Empowering, motivating, and inspiring, *The One-Day Way* artfully weaves the story of Chantel Hobbs's weight struggles and triumphs with practical strategies. Chantel shows readers

how to change their thoughts and habits to move toward long-term, sustainable weight loss. The key messages-taking each day as it comes and turning negative, sabotaging thoughts into positive ones-are powerful."

-Elisa Zied, MS, RD, CDN, author of *Nutrition at Your Fingertips* and coauthor of *Feed Your Family Right!*

"*The One-Day Way* shows you how to take your wishes and break them down into achievable goals. Years of bad habits, packing on the pounds, and pursuing an unhealthy lifestyle create huge mountains to climb. *The One-Day Way* makes it possible for you to live life to its fullest throughout your journey to the top!"

-Joseph J. Tedesco, DPT, ATC, CSCS, Elite Physical Therapy, Charlotte, North Carolina

"Chantel Hobbs explores the integral relationship of fitness, food, and faith in a wonderful and provocative way. She shows readers how to incorporate exercise and good nutrition into their everyday lives. I am recommending *The One-Day Way* to all my patients, friends, and family members who have struggled with their weight and who have made the decision to change their lives."

-Barry Ross, MD, board-certified gastroenterologist

About the Author The author of *Never Say Diet* and *The Never Say Diet Personal Fitness Trainer*, **Chantel Hobbs** is a motivational speaker, life coach, personal trainer, marathon runner, wife, and mother of four whose story has been featured on Oprah, The Today Show, Good Morning America, Fox & Friends, the 700 Club, and the covers of People and First magazines. She appears weekly on two fitness-themed radio programs and promotes her One-Day Way Learning System on television. Visit Chantel at ChantelHobbs.com for fitness updates and coaching tips.

- Title: The One-Day Way: Today Is All the Time You Need to Lose All the Weight You Want
 - Author: Chantel Hobbs
 - Released: 2009-10-06
 - Language:
 - Pages: 224
 - ISBN: 0307458784
 - ISBN13: 978-0307458780
 - ASIN: 0307458784
-

