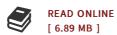




# I Woke Up One Day and I Was 40: A Mans Guide to Fitness and Health.Just 29 Days to Changing Your Life

By Tony Vercillo

iUniverse. Hardcover. Book Condition: New. Hardcover. 160 pages. Dimensions: 9.2in. x 6.1in. x 0.8in.I Woke Up One Day and I Was 40 really makes you take a look at your eating habits, your health, your fitness regime, and your overall attitude about life as you embark on mid-life. Speaking directly to men, this book is a personal narrative about one man who woke up one day and was 40 and provides all the information and tips you need to be as healthy and fit as possible once you hit 40 and beyond. It also reminds us that 40 is not old! Youre just beginning to reach the point in life where you can be truly confident about who you are and where you stand in life measured against all those other men on the planet. Its a good thing. Youve earned the right to be 40! Research shows that eating right and exercising regularly is especially effective for those men 40 and beyond. I Woke Up One Day and I Was 40 is divided into 3 easy-to-read sections including: Checking In With Reality When You Hit 40 Getting Started Exercises to Keep You Young Written by Tony Vercillo, he not...



## Reviews

Absolutely essential study book. It normally is not going to charge excessive. I am delighted to inform you that this is basically the finest ebook we have study during my very own lifestyle and can be he greatest publication for at any time.

-- Dr. Willis Paucek II

These kinds of pdf is the greatest ebook accessible. It is one of the most amazing ebook i have got go through. Your life span will likely be transform once you comprehensive reading this article publication.

-- Santa Lowe

# Related Kindle Books



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books: Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



#### Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and minerals, and more. Softcover. About the Author...



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.



## What is Love A Kid Friendly Interpretation of 1 John 311, 16-18 1 Corinthians 131-8 13

Teaching Christ's Children Publishing. Paperback. Book Condition: New. Daan Yahya (illustrator). Paperback. 26 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. What is Love is a Bible based picture book that is designed to help children understand what love is. In the story, twins...



## The Clever Detective Boxed Set (a Fairy Tale Romance): Stories 1, 2 and 3

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. After six years as a private investigator, Stacey Alexander has the strangest day of her life when she falls down...