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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! You're 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. It's a good thing. You've 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...



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