



Striving for Imprefection (Year 7): The Seventh Year of 52 Inspirational Playful Columns on Living Well, Changing Habits and Other Acts of Faith

By MR Scott Q Marcus Rp

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. If you have ever been frustrated trying to lose weight, get fit, or just change a bad habit, this book is exactly what is needed. It's year #7 of Scott Q Marcus's collection of fun, upbeat, playful, inspiring and humorous columns on the thoughts, feelings, beliefs involved in dropping a bad habit. As a professional speaker and syndicated columnist, Scott brings a quick wit and a light touch to what is normally a difficult subject. Unlike others who deal with losing weight or aging well, he takes the approach that we already know what to do, we just don't do it. Why? As Scott says, We never grow up, we just become wrinkled kids. And the wrinkle kid who lives inside each of us doesn't want to focus on carbs, calories, or calisthenics. She would rather have fun. So, Scott's approach is to talk to the inner dialog that's causing the habits that hold us back, rather than to repeat the same old threadbare, over-worn advice that any dieter has...

[DOWNLOAD](#)



[READ ONLINE](#)

[1.3 MB]

Reviews

Just no words to explain, it was actually written quite perfectly and valuable. Your daily life period will be convert as soon as you total looking at this pdf.
-- Mr. Brook Marquardt Jr.

A high quality book as well as the font applied was exciting to read through. This can be for all those who state there was not a well worth looking at. I discovered this ebook from my i and dad recommended this ebook to find out.
-- Mr. Monserrat Wiegand