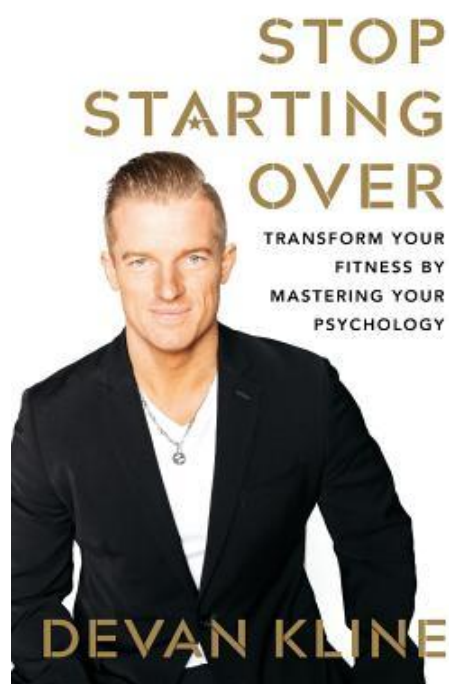


Descargar libros Stop Starting Over: Transform Your Fitness by Mastering Your Psychology

By Devan Kline



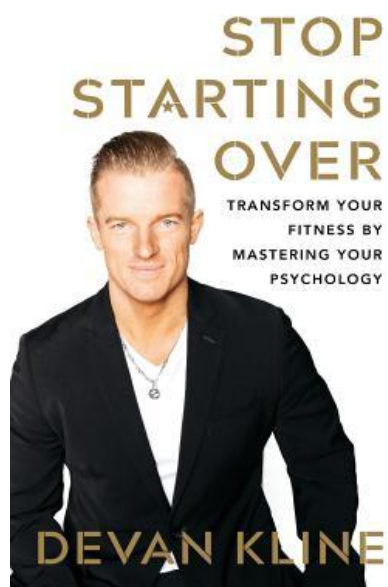
Lose, gain, fast, feast, work out, and give up. Too often, the quest for a fitter lifestyle can feel like a never-ending cycle of failure. The truth is that the key to changing your body isn't finding a magic exercise or diet strategy-it's about fundamentally changing your mindset. Devan Kline, founder of Burn Boot Camp, takes an integrative approach to fitness that transcends workout and diet routines. By identifying deeply rooted psychological obstacles, he has helped countless people build a healthier and more fulfilled life. In *Stop Starting Over*, he draws on personal experiences, coaching lessons, and practical strategies you can use to create lasting change and never start over again!

- Design your life - Create lasting change - Discover your passion and purpose - Turn belief into action and results - Conquer common excuses - Develop life-transforming strategies - And more

Success is 90 percent psychology and

10 percent strategy. With Devan's techniques, you'll master your

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