



Push: 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve!

Charlene Johnson

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Fitness superstar Chalene Johnson creates a revolutionary 30-day system that will allow readers to transform their bodies, their diets, and their lives!

Chalene Johnson built a fitness empire from the ground up, selling over 6 million DVDs and helping legions of loyal fans shed pounds and transform their lives with her trademark enthusiasm and energy. *PUSH*, Chalene's first book ever, distills the wisdom that has made her a fitness queen into a totally unique 30-day system that will help readers reset their priorities, get their lives together, and lose weight for good.

Chalene gives readers the life-changing tools they need to change their habits with 30 days of practical steps that include pinpointing goals, reverse engineering a course of action to achieve them, and kicking the clutter--whether that means junk food, draining exercise regimens, or toxic relationships. In one month, readers will learn how to create layers of accountability and support so that success is their only option.

Additionally, Chalene shares 30 ridiculously easy and delicious Throw-and-Go recipes that she (a self confessed mess in the kitchen) created herself. And, of course, no book from Chalene would be complete without a workout! Chalene guides readers to find their soul mate workouts--the exercises they'll love for life and that will never feel like work. Finally, she gives readers the Bangin' Body Workout: the 30 moves they need for total body fitness--for life!



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it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

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