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# Committed To Wellness, Fitness And A Healthy Lifestyle: How To Unleash Your Inner Motivation, Change Your Mindset And Transform Your Body Fast!



## **Synopsis**

Your mind is stronger than you believe. I never truly realized the power of positive thinking and really believing in myself, until I studied what actually goes into being motivated.... Here's a preview of what I am just about to teach you: Your motivation for preparation phase - make it exciting! How to combine different motivation techniques effectively Your motivation for the actual program Psychological aspects of internal motivation - how to activate your inner fire and be successful with your fitness and weight loss goals How to deal with haters and bad influences when on a diet/fitness program (don't let them stop you from succeeding!) Your motivational techniques for the feedback phase How to feel healthier and utilize it as your motivator How to actually keep on track How to pull yourself together after falling off the wagon and take massive action again! How to successfully plan your meals and how to enjoy them How to fall in love with wellness Little weight loss tricks that work as massive motivation boosters How to aim for progress and stop being a perfectionist How to use failure to actually achieve success (make it your asset!) The concept of self-coaching: how to be your own weight loss and fitness coach How to be creative during your weight loss/fitness/physical transformation journey (you need creativity to make the process as exciting and fun as possible!) The concept of holistic wellness- how to make the most of your wellness journey and use it as a personal development tool as well

## **Book Information**

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## **Customer Reviews**

I liked the book because it reminded me to go back to what I was doing at the start of my weight

loss. Journaling is great and small goals keep you less frustrated. I would recommend this book to anyone needing a little push on their exercise and diet program.

As a fitness fanatic myself. I am well aware most diets, exercises, and workout plans will give you results. But this issue here is not that these do not work, its simple an issue of sticking to it. Creating that discipline to grind out every workout and sure up and not to eat the chocolate cake. This is the book that helps you with that, but where it shines it helps you with your motivation also. And when you are motivated doing the right things and not doing the bad things are lot easier and less painful.

A Recommend.

i downloaded this onto my kindle and read it within the first 30 minutes after it was electronically transferred! it held great advice with easy to read & understand information. very practical ideas. i made notes while reading and feel that i am "set for success" - you can use the advice in the book to go with any diet or exercise program, nothing to buy, not trying to sell anything. a great approach to make any work-out routine or "diet" successful. highly recommend!

Regardless of whether you're just looking to lose a few pounds or looking to lose a few dozen, the author has plenty of suggestions that can work for you. I especially enjoyed what she had to say about self talk, both positive and negative.

"If it's going to be, it's up to me". Marta's personal journey along the road to fitness, good health and happiness provides the inspiration for this book of helpful insights and methods to tackle the single most important aspect of personal transformation: your motivation. Marta advises us to rely most strongly on the motivation that comes from within ourselves. There's a strong emphasis on the importance of developing the right habits as well as the right attitudes and plenty of great advice on how to create the best kind of personal motivation to sustain your health and well being routines. Marta wants to share the benefits of her experiences and encourage everyone to enjoy the best possible health and wellness. It's a tribute to her success that she can communicate her methods so effectively and in such a lively and well written style. It's a pleasure to read. So whether you're a professional athlete or an absolute fitness beginner, there's plenty of great advice on how to build meaningful, sustainable motivation in your life. And enjoy the process the way!

After reading this book I'm officially Ma Rose's fan #1! Committed to Wellness is just a piece of work.

It contains interesting, creative, refreshing strategies that will help you achieve your health & fitness goals. The author does a great job presenting her ideas, keeping the reader interested right from the beginning. If you are want to take your life to the next level, you have to get this book! It's totally worth it. You can thank me later =)

This book is full of helpful information on motivating yourself to stay healthy and committed to your diet. I really enjoyed the psychological benefits section where it talks about the right type of mind frame to get into to optimize your success and the types of mind frames to avoid. A must read for anyone serious about being healthy for the long run.

Another great book by Marta for anyone who's looking for an improvement on basic workout / fitness books. Goes heavy into the philosophical. A good read for anyone who's about to begin a series of new years resolutions but not sure of a good starting point. I'd check it out!

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