



The Power of Positive Fitness: Maximizing Physical, Mental & Spiritual Health

John M. Rowley

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***The Power of Positive Fitness* is a "whole person" fitness plan that will quickly give you the energy you need to live an inspired life.**

The self help, fitness, and spiritual communities have tended to segment a person's life into isolated parts. Not this book. This book is passionate about seeing every dimension of your life developed to its fullest--being physically, mentally, and spiritually fit and living a lifestyle that supports your life. John Rowley, author, speaker, television and radio personality, and Wellness Director for the International Sports Science Association, will help bring your physical, mental, and spiritual goals to reality as you follow a plan you will find doable and enjoyable.

John includes a section depicting the lifestyle habits of over forty busy people from varied backgrounds. It's a diverse group, but you will see a pattern of a structured lifestyle that will assist you in designing your own Power of Positive Fitness Lifestyle. Read this book by America's Lifestyle Strategist and watch the positive effect on every aspect of your life.

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