



Mind Your Body Low Price CD: 4 Weeks to a Leaner, Healthier Life

Joel Harper

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A personal trainer to the stars and regular contributor to *The Dr. Oz Show*, Joel Harper has spent twenty years helping people achieve their weight loss goals and optimally balancing every category of their lives. Over his career, he has witnessed some people flourishing, while others simply threw in the towel. Harper soon discovered that people who are stuck struggling with excess weight have one thing in common—destructive self-talk and negative thinking patterns. The missing solution to successful—and long-lasting—weight loss according to Harper, lies in tapping the power of your mind.

In *Mind Your Body*, Harper explores the crucial connection between meals, moves, and mind-set. And in the process, he provides a "whole-istic" three-step weight loss program that will help you quadruple your weight loss, maximize your workouts by 85 percent, and boost your happiness and energy levels by more than 40 percent—in just fifteen minutes a day. With Harper's proven, fun, and effective program, you'll be able to finally blast through those frustrating plateaus and achieve, once and for all, the physical, mental, and emotional health you desire. *Mind Your Body* is the self-empowering and life-changing mind-body solution you've been waiting for.



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