



Keeping Fit (Unabridged): How to Maintain Perfect Balance of Mind and Body, Unimpaired Physical Vigor and Absolute Inner Harmony

Orison Swett Marden

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This carefully crafted ebook: "Keeping Fit (Unabridged)" is formatted for your eReader with a functional and detailed table of contents.

Excerpt:

"When the body is in superb physical condition, it stimulates the mind and develops its maximum of the force that creates, that accomplishes. When the body is down the mind is down, all life's standards are down, and the whole nature is demoralized."

Spread over fifteen chapters this book teaches us about the great ways of being healthy and happy. From what to eat to how to keep fatigue away, it would surely interest those who are looking for healthy weight loss/gain options with right attitude.

Contents:

Keeping Fit

The Miracle of Food

What to Eat, or. The Science of Nutrition

A Vegetable or a Mixed Diet, Which?

Nature's Own Food?

How Food Affects Character

Culinary Crimes and Complex Living

Appetite and Joy in Eating

Overeating

Eating for Efficiency

Chapter XI. Foods, Fads and Habits

Fatigue Poison

How Nature Mothers Us

What to Eat After Fifty

Masterfulness and the Great Out of Doors

Dr. Orison Swett Marden (1848-1924) was an American inspirational author who wrote about achieving success in life and founded SUCCESS magazine in 1897. He is often considered as the father of the modern-day inspirational talks and writings and his words make sense even to this day. In his books he discussed the common-sense principles and virtues that make for a well-rounded, successful life.

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From reader reviews:

Jeffrey Paolucci:

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Mark Authement:

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Oliver Whitley:

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