



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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Jeffrey Paolucci:

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Oliver Whitley:

The reason why? Because this Keeping Fit (Unabridged): How to Maintain Perfect Balance of Mind and Body, Unimpaired Physical Vigor and Absolute Inner Harmony is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will jolt you with the secret that inside. Reading this book adjacent to it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking approach. So , still want to hesitate having that book? If I ended up you I will go to the book store hurriedly.

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