



Fast Grow Young Reboot logbook and motivation for your extended rejuvenation fast Ageless Living NOW Volume 5

By Walt F. J. Goodridge

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 66 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. An extended fast is the best way to reboot your body's operating system! The first few days of an extended fast are the most difficult, but you can do it! Others have! You can, too! One secret strategy is to get organized and diligent about recording what you do each day. Another is of course, to have a fasting buddy or fasting coach offering words of encouragement, motivating thoughts, and explaining what's behind the cravings, the fear, the doubts and the constant urge to simply give up that even seasoned fasters experience! Well, now you can have it all! The Fast and Grow Young Reboot logbook includes - thirty-day journal format for a single or multiple fasts - gems of motivation--information, inspiration and ideas to keep you on track - convenient How to Break a Fast reminder. Created by the author while simultaneously on his own extended fast coaching others on theirs, this little workbook is a timely and effective tool to harness the energy, focus the commitment and sustain your initial motivation so you'll have a successful...

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