

# **Are You Ready To Take Charge Lose Weight Get In Shape And Change Your Life Forever Bob Harper**

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28/7/2011 · On TV's The Biggest Loser, Harper gives contestants the practical tools and psychological insights they need to get into shape. In his book, he offers a strategy for getting at the root of negative thought patterns, an easy-to-follow eating plan, and a fitness plan geared to make exercise an integral part of daily life.--From publisher description

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**Are You Ready!: To Take Charge, Lose Weight, Get in Shape, and Change Your Life Forever** by Bob Harper retails at \$22.95. Pros. Encourages a lifestyle approach to weight loss. Includes weight loss success stories that will be motivational for many readers. Encourages daily physical activity.

Are you ready to take charge, lose weight, get in shape, and change your life forever? These Biggest Loser contestants were. “There is no other time than now to begin your life, and there is no other person than Bob Harper to get you started.” —Nicole Michalik “Bob Harper has ...

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9/2/2009 · The 4 best answers will win a copy of Bob Harper's book **Are You Ready!: Take Charge, Lose Weight, Get in Shape, and Change Your**

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Life Forever. Ten finalists will win a whole bunch of packs of Extra Sugar-Free Gum. Then we'll share your answers with readers. All you've gotta do is ...

He released his book, Are You Ready! Take Charge, Lose Weight, Get in Shape and Change Your Life Forever, in April 2008. He most recently teamed with Dr. Oz in launching the Highway to Health bus ...

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