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How To  
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When you do drink,  
choose drinks primarily  
from the Flex Life Drink

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Menu. From time to time,  
it's okay to splurge on  
sugary or high-alcohol  
drinks; just don't make  
them your go-to drink. 3.  
Maintain Some Sort of  
Weight Lifting Routine:  
When you travel, your  
goal should simply be to

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maintain your body, not  
improve it.

omelets with whole wheat  
toasted bread and low  
sugar jam. Breakfast fuels  
your body so that you  
experience more energy  
throughout the day. The

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word breakfast means just  
that: “to break fast.” After  
a lengthy rest, which is to  
say 8 hours of sleep, your  
body wants to refuel itself  
for the activities of the  
coming day. When you  
wake up,

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your current problem and  
put your faith in and work  
through my Addiction F r  
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know that if you follow it  
to the letter you will get  
many great benefits... not  
only help for an end to a  
drug or alcohol problem,

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upgrade in your life...even  
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methods presented in How



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effective in bringing about  
lasting improvements to  
the quality of your life, it  
is not enough just to read  
or know about them  
intellectually. You need to  
take them to heart and  
learn how to apply them in

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your daily life.

- Determine how you want to measure your personal success and stick with this system for the duration of the 12 weeks (i.e., dropping weight on the scale, losing dress or

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clothes sizes, losing inches  
on your tape  
measurements, or reducing  
body fat percentage by  
using fat calipers). The  
Lean Body®Challenge  
program is designed to be  
a 12-week ...

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your current problem and  
put your faith in and work  
through my Addiction F r  
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drug or alcohol problem,

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upgrade in your life...even  
to attaining the best life ...

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own body transformation?  
Try this sample workout  
from Shannon Dey, M.S.,  
founder and CEO of

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Bombshell Fitness, a  
competitive training and  
coaching group for female  
athletes.. If this expert-  
grade routine seems  
intense, that's because it  
is. But if you want to  
sculpt, tone, and firm your  
entire body—including

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those pesky trouble  
spots—this is your  
ultimate blueprint.

these insights useful as  
you continue to navigate  
your way into the evolving  
next normal. Over the next  
few months, look for

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accompany this digital  
compendium and  
complement forthcoming  
segments on CNBC.  
Topics include  
organization,  
transformation,  
sustainability, and ...



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muscles (including the  
heart) to function properly.  
Carbohydrates can be  
stored in the muscles and  
liver and later used for  
energy.

4. A Particular Life  
Lessons Seems to

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Confront You. Life

lessons usually flow in and out of our lives in the form of cycles and transformation is usually a sign that you are at the end of a cycle. During your transformation process, especially in the beginning

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of it, you may receive the  
final confrontation of your  
life ...

Swing the sledgehammer  
down, bringing your right  
hand to your left hand.  
Slam the sledgehammer  
down as hard as you can

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against the tire. Repeat this  
exercise on the other side  
of your body. Do 9 more  
repetitions on each side. 2.  
Shovelglove workout.  
Before beginning the  
workout, warm up by  
jogging for a ...

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- Determine how you want to measure your personal success and stick with this system for the duration of the 12 weeks (i.e., dropping weight on the scale, losing dress or

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clothes sizes, losing inches  
on your tape  
measurements, or reducing  
body fat percentage by  
using fat calipers). The  
Lean Body®Challenge  
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a 12-week ...



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your current problem and  
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upgrade in your life...even  
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The Fall 60day Starts  
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moment to start a new

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days of daily workouts,  
recipes and lifestyle tips,  
the fall 60day Challenge  
will help you flex your  
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your way into the evolving  
next normal. Over the next  
few months, look for  
additional collections to  
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compendium and  
complement forthcoming  
segments on CNBC.

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Topics include  
organization,  
transformation,  
sustainability, and ...

4-week plan. Week 1: 4  
sets of 8 reps @ 65-70%.  
Week 2 : 4 sets of 5 reps  
@ 75-80%. Week 3: 3 sets

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of 3 reps @ 85-90%.

Week 4: 5 sets of 5 reps @  
60-70%. Note that the  
workout pages that follow  
show only the percentages,  
reps, and sets for the first  
week (65-70%). You must  
be sure to change the  
percentages, reps, and sets

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each week accordingly.

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that entertain, books that  
inform, books that enthrall  
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brain, the mind, the  
intellect and the  
emotions. And then there

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are books that seem to  
speak directly to the soul -  
life-changing books that  
make you question your  
core beliefs, staying with  
you long after you've  
finished reading. These 10  
masterpieces fall into the  
second category.



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workout, warm up by  
jogging for a ...

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courage, love yourself, and  
step out and do something  
crazy. Don't worry about  
what anyone thinks or  
whether it is the right thing

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to do. If it feels right, act  
on it and go create the life  
you love. 9. Live in the  
Moment. Many of us tend  
to think that the grass is  
greener on the other side.

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