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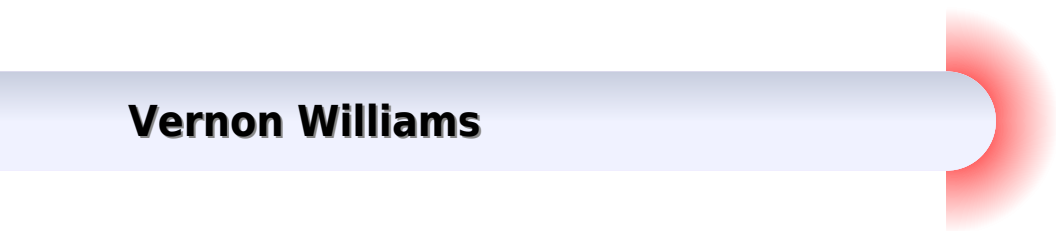
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A RANDOM HOUSE AUDIOBOOK

Lose Weight Naturally Feeling Fine Series Feeling Fine Series

Vernon Williams



Lose Weight Naturally Feeling Fine Series Feeling Fine Series:

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many definitions and examples in real life Incorporating psychological theories and case studies it offers a groundbreaking look into what it means to Feel and its importance in people s everyday lives Experiencing life without Feel has led to many deleterious performance health and wellbeing consequences Exploring the Concept of Feel for Wellbeing and Performance takes a deep dive into the origins and definitions of Feel asking what has happened to the Feel experience and what people must do to recoup their Feel With a highly accessible tone and clear structure the book provides its readers with effective ways to improve performance and enhance wellbeing The authors challenge the status quo of both performance science and wellbeing practices and begin a conversation on why people should be more proactive when it comes to their Feel Anyone interested in helping themselves or others with performance excellence and wellbeing will benefit from this book which blends science and practice and provides many examples of people from all walks of life who live with Feel The book will also be key reading for students and practitioners interested in sport psychology leadership studies mental health studies counselling and life coaching

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