



Think Yourself Lean: How To Fix Your Mindset Fast And Get In Your Best Shape Ever No Matter How Busy You Are

Mo Mastafa

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Have You Ever Tried To Get In Shape, But Quit?

Do you want to lose stubborn body fat or tone up by adding some lean muscle, but always find yourself giving up within a few months or even a few short weeks?

Maybe you want to look your best for a special occasion or because you want to develop your career and you know looking and feeling your best will help you do so. Or perhaps you simply want more energy as you get older, so you can be a better role model to your family and keep up around the house when doing chores? If you answered “yes”, I understand.

Hi, my name is Mo, and for years tried to get in shape and stay in shape. I'd try different forms of exercise and different ways of eating, but always with hit and miss results. I simply could never keep doing anything long enough to reach my fitness goals and maintain them. In the end, any results I had experienced would always disappear. Meaning I had spent valuable time, energy and money on programs and supplements, but I'd be no better off physically. Maybe you can relate?

However one day I had a realisation. The thing that ultimately caused me to fail, over and over again, was not the things I was blaming. Things like lack of time, lack of information or the complexity of managing it all. The real problem was me! It was my attitude. My mindset. The truth is, the minute things got a little tough I would always give up and then make excuses. I had a weak mind.

As 7x Mr. Olympia Winner Arnold Schwarzenegger once said; “The mind always fails first, not the body”. He knew the importance of the mind and many top athletes and sports coaches agree with him. The mind is the key to success.

That's when I decided to develop my mind. I changed my mindset and was able to quickly transform my body and get into the best shape of my life. As a result I had more muscle, less body fat and more energy in my mid-thirties than I had in my early twenties!

Naturally enthusiastic about my mind and body transformation, I started sharing my ideas with others, ordinary busy folks, who were able to create incredible results for themselves. People who had given up time and time again suddenly were able to keep up their chosen exercise and nutrition programs. I had unlocked the real secret to success. The mind.

That's when I realised I had to write a book to share this message far and wide. In this content packed book, you will discover the following:

Why the mind is the key to your success, and how you can use it whether you want to get lean abs, boost your energy or add lean muscle naturally!?

Simple, step-by-step techniques to get super motivated, so you never again run out of inspiration to eat right

and exercise. Meaning faster and easier results!?

How to overcome some of the most common mindset hurdles, such as doubts, fears, embarrassment and guilt. Things that cause most people to quit. With these powerful techniques, you will be able to charge forward to whatever fitness goals you decide to set!

The best technique to create positive habits, so you create momentum and never miss workouts again, meaning success is virtually assured!

Easy to follow written exercises and bonus worksheets to help you plan your success from start to finish!

And much more!

This book contains some of the best and most powerful goal setting, motivational and mindset techniques available. They are based on years of personal research and study into fields such as neuroscience, sports psychology, and even stoic philosophy.

This book won't teach you "how to" exercise or what to eat. That's the easy part. There are plenty of books I can recommend for that. This book about the catalyst that will have you doing what you need to do, so you can get the results you desire. It's about the mind. The missing link in the formula. So, get your mind right and your body will naturally follow. Get ready for permanent results!

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Laverne Jackson:

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Warren Zeigler:

People live in this new day time of lifestyle always try to and must have the free time or they will get large amount of stress from both way of life and work. So , whenever we ask do people have time, we will say absolutely sure. People is human not really a robot. Then we question again, what kind of activity have you got when the spare time coming to you actually of course your answer may unlimited right. Then do you ever try this one, reading publications. It can be your alternative within spending your spare time, often the book you have read is actually Think Yourself Lean: How To Fix Your Mindset Fast And Get In Your Best Shape Ever No Matter How Busy You Are.

Elena Sparrow:

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Robert Alston:

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