

The book was found

# Committed To Wellness, Fitness And A Healthy Lifestyle: How To Unleash Your Inner Motivation, Change Your Mindset And Transform Your Body Fast!



## Synopsis

Your mind is stronger than you believe. I never truly realized the power of positive thinking and really believing in myself, until I studied what actually goes into being motivated.... Here's a preview of what I am just about to teach you: Your motivation for preparation phase - make it exciting! How to combine different motivation techniques effectively Your motivation for the actual program Psychological aspects of internal motivation - how to activate your inner fire and be successful with your fitness and weight loss goals How to deal with haters and bad influences when on a diet/fitness program (don't let them stop you from succeeding!) Your motivational techniques for the feedback phase How to feel healthier and utilize it as your motivator How to actually keep on track How to pull yourself together after falling off the wagon and take massive action again! How to successfully plan your meals and how to enjoy them How to fall in love with wellness Little weight loss tricks that work as massive motivation boosters How to aim for progress and stop being a perfectionist How to use failure to actually achieve success (make it your asset!) The concept of self-coaching: how to be your own weight loss and fitness coach How to be creative during your weight loss/fitness/physical transformation journey (you need creativity to make the process as exciting and fun as possible!) The concept of holistic wellness- how to make the most of your wellness journey and use it as a personal development tool as well

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 21 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Marta Tuchowska

Audible.com Release Date: August 17, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B0141DYHZK

Best Sellers Rank: #119 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #996 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #1229 in Books > Self-Help > Motivational

## Customer Reviews

I liked the book because it reminded me to go back to what I was doing at the start of my weight

loss. Journaling is great and small goals keep you less frustrated. I would recommend this book to anyone needing a little push on their exercise and diet program.

As a fitness fanatic myself. I am well aware most diets, exercises, and workout plans will give you results. But this issue here is not that these do not work, its simple an issue of sticking to it. Creating that discipline to grind out every workout and sure up and not to eat the chocolate cake. This is the book that helps you with that, but where it shines it helps you with your motivation also. And when you are motivated doing the right things and not doing the bad things are lot easier and less painful. A Recommend.

i downloaded this onto my kindle and read it within the first 30 minutes after it was electronically transferred! it held great advice with easy to read & understand information. very practical ideas. i made notes while reading and feel that i am "set for success" - you can use the advice in the book to go with any diet or exercise program, nothing to buy, not trying to sell anything. a great approach to make any work-out routine or "diet" successful. highly recommend!

Regardless of whether you're just looking to lose a few pounds or looking to lose a few dozen, the author has plenty of suggestions that can work for you. I especially enjoyed what she had to say about self talk, both positive and negative.

"If it's going to be, it's up to me". Marta's personal journey along the road to fitness, good health and happiness provides the inspiration for this book of helpful insights and methods to tackle the single most important aspect of personal transformation: your motivation. Marta advises us to rely most strongly on the motivation that comes from within ourselves. There's a strong emphasis on the importance of developing the right habits as well as the right attitudes and plenty of great advice on how to create the best kind of personal motivation to sustain your health and well being routines. Marta wants to share the benefits of her experiences and encourage everyone to enjoy the best possible health and wellness. It's a tribute to her success that she can communicate her methods so effectively and in such a lively and well written style. It's a pleasure to read. So whether you're a professional athlete or an absolute fitness beginner, there's plenty of great advice on how to build meaningful, sustainable motivation in your life. And enjoy the process the way!

After reading this book I'm officially Ma Rose's fan #1! Committed to Wellness is just a piece of work.

It contains interesting, creative, refreshing strategies that will help you achieve your health & fitness goals. The author does a great job presenting her ideas, keeping the reader interested right from the beginning. If you are want to take your life to the next level, you have to get this book! It's totally worth it. You can thank me later =)

This book is full of helpful information on motivating yourself to stay healthy and committed to your diet. I really enjoyed the psychological benefits section where it talks about the right type of mind frame to get into to optimize your success and the types of mind frames to avoid. A must read for anyone serious about being healthy for the long run.

Another great book by Marta for anyone who's looking for an improvement on basic workout / fitness books. Goes heavy into the philosophical. A good read for anyone who's about to begin a series of new years resolutions but not sure of a good starting point. I'd check it out!

[Download to continue reading...](#)

Committed to Wellness, Fitness and a Healthy Lifestyle: How to Unleash Your Inner Motivation, Change Your Mindset and Transform Your Body Fast! 1,001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your Healthy Lifestyle Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Developing a Successful Mindset: How to Change Your Mindset for Personal Growth and Success Unleash Your Inner Diabetes Dominator: How to Use Your Powers of Choice, Self-Love, and Community to Completely Change Your Relationship with Diabetes for the Better Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Break Through Your BS: Uncover Your Brain's Blind Spots and Unleash Your Inner Greatness BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Cognitive Behavioral Therapy: Break Through Depression, Free Yourself From Anxiety, And Understand Why You Don't "Feel Normal" - UNLEASH YOUR INNER GREATNESS Confidence:

Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline) 1,001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating)

[Dmca](#)