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## Inspire Me Well: Finding Motivation to Take Control of Your Health

By Lisa Belanger, Sarah O'Hara

Insomniac Press. Paperback. Book Condition: new. BRAND NEW, Inspire Me Well: Finding Motivation to Take Control of Your Health, Lisa Belanger, Sarah O'Hara, What inspires people to live a healthy lifestyle? Is it to postpone their expiration date or is there something more? The benefits of a healthy lifestyle are countless; there is no debate there. Yet the majority of us continue to struggle with motivation and barriers to living healthily. There is a disconnect between knowledge and behaviour that is only getting worse. We propose a dash of inspiration. This book takes an in-depth look at what motivates behaviour change through stories of people who were inspired to make daily choices to promote their health and well-being. From the mum who started running to support her five-year-old sons fight against cancer to the seventy-three-year-old man who decided he no longer wanted to be obese, the contributors will inspire you to do the most with your time on earth. Spread throughout the book are tips and suggestions based on the latest research from an exercise and behaviour change expert and a registered dietitian, who encourage readers to take action.



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