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No Sweat: How the Simple Science of Motivation Can Bring

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No Sweat not only helps people pinpoint what's really holding them back, it provides an easy roadmap for changing habits for good. I am fascinated by the science on motivation along with the book's sol I am familiar with Michelle Segar's work so was excited to read more in her new book.

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No Sweat shows the health coaching method that Segar has been using with her clients for 20 years (that has a published long-term evaluation funded by the NIH) and an integration of key motivation,...

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No Sweat translates years of research on exercise and motivation into a simple four-point program that will empower you to break the cycle of exercise failure once and for all. You'll discover why you should forget about willpower and stop gritting your teeth through workouts you hate. Instead, you'll become motivated from the inside out and start to crave physical activity.

No Sweat by Michelle Segar | Michelle Segar
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