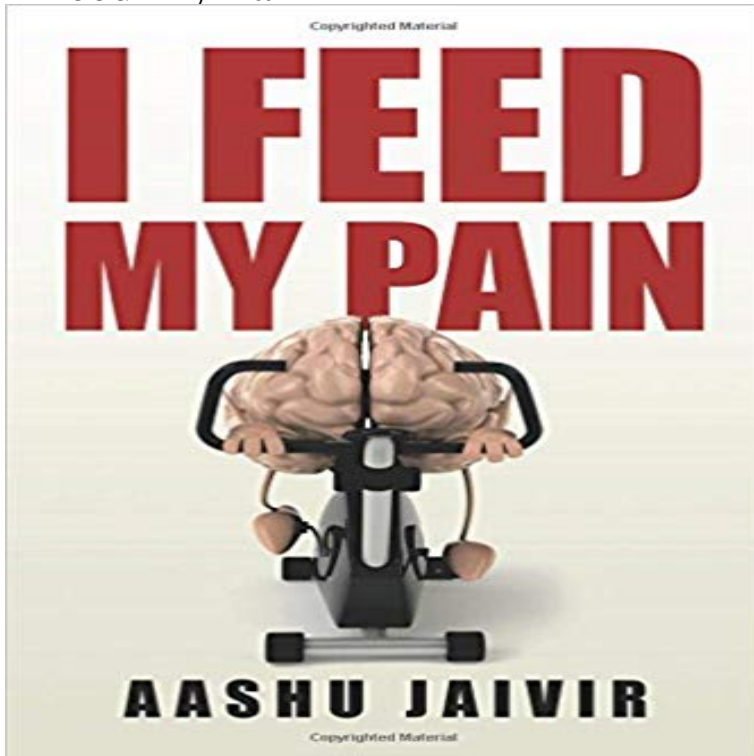


I Feed My Pain



Result in fitness is always short-lived. But most of us took to fitness keeping only one goal in mind: to lose weight or to build muscles. Fitness should be a part of your lifestyle and one just not look at the immediate results but keep the bigger picture in mind to see how you would feel and look thirty years from now. This is a difficult proposition, but not an impossible one. This book aims to explore the role psychology plays in fitness. By only following a strict diet and exercise regime wont fetch you results because motivation and determination play a pivotal role in determining your results. Results are important to motivate a person to work out dedicatedly, but what if you dont get the immediate results and give up? This is a common trait among the impatient generation, who wants instant results. This book aims to develop long-term approach toward fitness by understanding the role mind plays in reaching our goals.

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