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Book information

Authors: Ben Baak
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Subtitle: Achieve Health Goals Reliably – Strong Impulses for Body, Mind, and Soul

Short text:

In everyday life, where challenges in both professional and private life seem grueling enough, there is often a lack of the necessary energy to persevere in the battle with one's own demons. After all, there are always temptations and excuses everywhere. Therefore, plans for more exercise, better nutrition, targeted rest, and many other positive changes simply fall by the wayside at the end of a long day. This book provides support for those who want to pursue and achieve personal health goals reliably. With sensitively conveyed knowledge and practical implementation tips, it accompanies the reader to the rendezvous with the one's inner demons.

Categories: [Guide Health & Medical Science](#)