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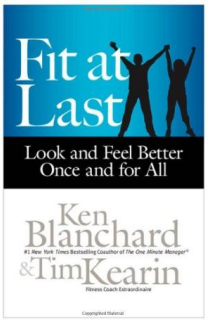

Book Condition: New. Publisher/Verlag: McGraw-Hill Professional | Look and Feel Better Once and for All | If you're like a lot of us, for years you've been making resolutions and promises about becoming physically fit. Despite all your good intentions, though, somehow it never quite goes according to plan. But you can break that cycle. In Fit at Last , bestselling business author Ken Blanchard and fitness authority Tim Kearin show how Ken, at age seventy-three, finally was able to...

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