



Master The Day: Eat, Move and Live Better With The Power of Tiny Habits

Alexander Heyne

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You probably already know all the obvious health and weight loss tips... so why don't you have your dream body?

What one early reviewer has already said has, “transformed my life more than any other book I’ve read on the subject,” MASTER THE DAY is a different way to think about getting the health, body, and life you want - by changing tiny habits, no matter what diet you're on.

In MASTER THE DAY, you'll learn:

- The 9 daily success habits of people that lost over 100+ pounds in a healthy way, and kept it off years later
- The four horsemen of the health apocalypse - what simple, overlooked habits cause repetitive failure no matter how many diets we try
- Unlimited motivation - the willpower and discipline myth: How to be healthier with LESS discipline, and without all the “fitspiration” rah rah motivational junk.
- How NOT having weight loss goals can actually make you MORE successful - without the constant guilt, self hatred and frustration

Every month, over 170,000 readers visit Alexander Heyne’s website, Modernhealthmonk.com, to discover a different, more practical way to look and feel amazing (especially as a parent or busy professional), by using the power of tiny habits.

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From reader reviews:

Roger Dupre:

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William Sebastian:

The actual book Master The Day: Eat, Move and Live Better With The Power of Tiny Habits has a lot of knowledge on it. So when you make sure to read this book you can get a lot of gain. The book was authored by the very famous author. The author makes some research prior to write this book. This specific book very easy to read you can find the point easily after reading this article book.

Marilyn Chambers:

Your reading sixth sense will not betray an individual, why because this Master The Day: Eat, Move and Live Better With The Power of Tiny Habits e-book written by well-known writer whose to say well how to make book which can be understand by anyone who else read the book. Written within good manner for you, leaking every ideas and writing skill only for eliminate your own hunger then you still question Master The Day: Eat, Move and Live Better With The Power of Tiny Habits as good book not just by the cover but also from the content. This is one publication that can break don't evaluate book by its deal with, so do you still needing yet another sixth sense to pick this specific!?! Oh come on your studying sixth sense already said so why you have to listening to a different sixth sense.

Nathan Weaver:

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