



Release The Beast: Conquer Mental, Physical & Diet Challenges To Unleash The Champion Inside!

Michael Moore

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Have you every actually **finished** a new year's resolution?

Have you every wanted to look like that person on that fitness magazine cover?

Are you ready to **finally** let go of the past and get to that next level of fitness?

It's Never Too Late!

This **astonishing** and **enlightening** book will radically change your mindset when it comes to how you approach fitness. This book was written for everyone who has tried diet and fitness plans but did not get the final results they desired. *Release The Beast* will give you the tools necessary to breathe new life into any nutrition and fitness plan. You will no longer be a victim of your past. This book will bring the mental **clarity** needed to start a new journey towards your dream body.

When trying to get in shape, we consistently have obstacles in our lives. We have our kid's crazy schedules. We have consistent work demands. We have daily family obligations. If we are lucky enough to squeeze a few minutes in our already crowded schedules, we *THEN* make time for fitness. Shouldn't our lives be structured to support our fitness goals and not the other way around?

Release The Beast aids in taking our lives back! No more telling ourselves "*tomorrow, I will*" because you will be starting today! No matter if you're a business executive, stay at home parent, bodybuilder, college student, teacher, doctor, etc., this book was created for **YOU!** This book was written to address real life motivational issues we all face. No "*lose weight in five days*" or "*gain 10 pounds of muscle in a week*" get fit quick schemes are in this book. This book just gives you the hardcore honest **truth** in what you need to do to get to your fitness goals.

Release The Beast sets your mind and body for success by:

- Getting you to **let go** of past failures
- Pushing you to new levels of **greatness** with over twelve unique challenges
- **Stopping** negative thinking in its tracks
- Finally confronting your biggest adversary...**YOURSELF!**

Follow the advice in this book and get closer to the body you know you **deserve**.

Deep down inside, you know you could always be better. Maybe you need to be a little **faster**. Maybe a little **stronger**. Maybe an inch **thinner**.

What's stopping you from being better?

If you're ready for a life long change, all you have to do is take a deep breath and.....

RELEASE THE BEAST!

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