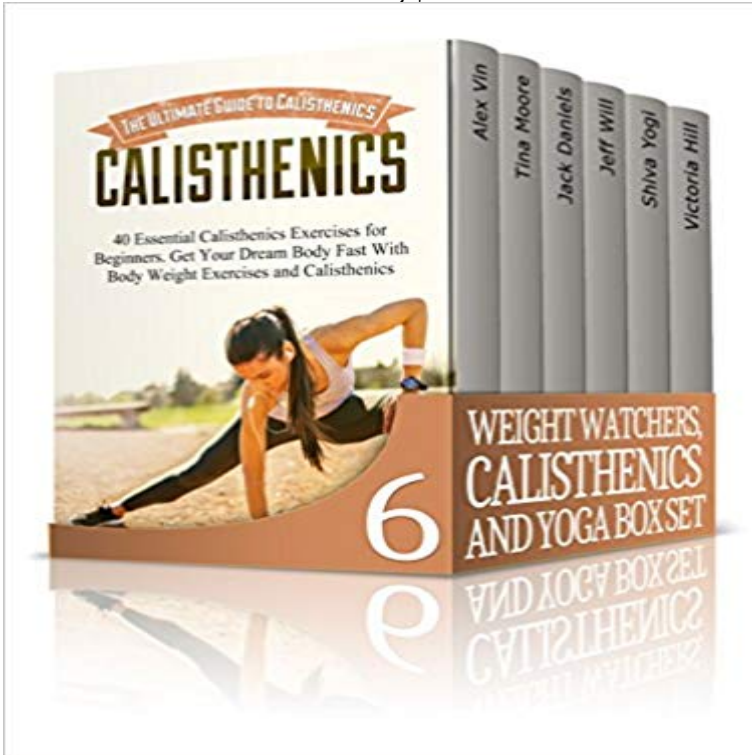


Weight Watcher Box Set: Calisthenics, Yoga & Diets: Book 1: Calisthenics + Book 2: Yoga For Beginners + Book 3: Yoga for Weight Loss + Book 4: Weight Watcher + Book 5 - Mindset + Book 6: Detox

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Book 1 - Calisthenics The Ultimate Guide to Calisthenics: 40 Essential Calisthenics Exercises for Beginners. Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Street Workout) Do you want to try a new, interesting way to work out? Are you trying to build muscle? Are you looking for things to add to your workout routine to make it more versatile? Have you heard of Calisthenics but are unsure of how to approach this type of workout? Are you simply looking to broaden your workout horizons? If you answered yes to any of these questions then this book will be a great tool for you!

Book 2 - Yoga For Beginners (WITH PICTURES) 9 Super Useful Tips to Learn How to do Yoga, Improve Yoga Poses and Experience the Benefits of Yoga This is a book that gives detailed information about the Yoga practice. It is meant to help the reader achieve better results from the Yoga practice. It will give advice on how to do Yoga the best way. The reader will be guided on how to improve on Yoga exercises therefore achieving more from the practice. It will give very useful tips while recommending the best poses and best environments to perform the exercises.

Book 3 - Yoga for Weight Loss (with pictures) 7 Ridiculously Simple Ways to Learn Yoga Poses and Experience the Benefits of Yoga. Yoga for Beginners With the current popularity and ubiquitousness of yoga in society and the media, it doesn't take much effort to begin learning. Yoga is a great hobby to take up when you're bored but don't feel like biking or running, since it burns calories and helps distress at the same. As another benefit, yoga doesn't take a lot of space, so you don't even need to leave the comforts of your own home as long as you have a yoga mat and a large enough open space to fit it. Anyone can do yoga; all it takes is the right mindset. Apply the tips and poses in this book to yourself, keep practicing, and

believe in yourself. Thats all it takes to succeed in yoga! Its not about being the best (yoga isnt a highly competitive Olympic sport where youre trying to win the gold medal!); its about improving your own body and mind at a pace that is comfortable for you as an individual. Book 4 - Your Own Weight Watcher Weight Watchers Recipes Quick Reference: Simple Start Plan To Lose 21 Lbs in 2 weeks (Weight Loss For Beginners, Simple Weight Watchers Cookbook) Are you currently trying to lose weight? Have you tried to lose weight in the past but struggled? Have you lost weight but are trying to lose more? Are you curious about Weight Watchers and how you can use it on your own weight loss journey? If youre reading this, its quite likely you answered yes to one or more of the previous questions and if you did, then this book can not only help you but be a great educational tool to help you lose weight! Book 5 - Mindset The Ultimate Guide on How to Develop a Successful Mindset. Learn How Winners Think To Achieve Success, Happiness, Growth and Freedom in Life! The world is divided unevenly into two types of people; the majority poor and miserable; and the very minority successful and happy. Many have been taught that the disparity is caused by disobedience to religious tenets, or have heard conspiracy theorist wail that government and a select few businessmen are the cause of their woes. Book 6 - Sugar Detox Sugar Detox for Beginners: Cracking the Sugar Detox Secret - Stop Sugar Addiction, Increase Energy and Lose Weight with the 10 DAY SUGAR DETOX Diet Most people residing in the developed world are living in illusion and ignorance in respect to the cause of obesity and its attendant diseases and discomforts. We have been wrongly educated that fatty foods are the cause of this dreaded diseases and so they fight it with exercise, more drugs, and all sorts of mind techniques but to no avail.

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