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FITNESS. FOOD. FAITH.

YOUR ETERNAL "WHY"
FOR EVERLASTING
RESULTS

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Fitness. Food. Faith.: Your Eternal "Why" for Everlasting Results



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This is simply not another self-help, weight loss, quick fix, or "my way may be the easiest way" book. My relationship suffered. After scanning this book, it is possible to apply the data shared and effectively make educated decisions about your health and the direction that is best for you personally. If it was written, I examine it. If it had been a certification, I acquired it. I have shed blood, sweat, tears, and money for the possibility of a lean, healthful body. If it had been an infomercial, I most likely got it! You no longer have to guess which diet or exercise trend may be the ideal one. My projection of perfection isolated me and left me with little influence. I was on the brink of shedding everything, until one test result led me down a route of physical, mental, and spiritual healing, and a transformation that I could have never imagined. I couldn't help anyone—because I became unapproachable. I felt like I got no control over anything, including my thoughts—but specifically my health. My associations suffered. 3 Ironman Triathlons (1.2-mile swim, 56-mile bike, 13.1-mile run) to a inactive. My job suffered. Instead, I will consider you on a journey through everything I have learned in the last 26 years—my errors, successes, failures and struggles—all which have lead me to discover the real meaning of wellness... and MY SECRET to EVERLASTING RESULTS has NOTHING to do with FOOD or Workout! I went from racing 70. • Seek ultimate balance, health and wellness in your life. Little did they know, my dirty little magic formula. Others viewed me as somebody who cannot understand their struggles with pounds loss, and my biggest dread came true. If you are lost, disappointed, sick, tired, and prepared to throw in the towel— if you find yourself willing to “settle” for just how your health is now—this reserve is for you. The road to achievement is paved with errors. Because of this, I was miserable, despite my successes as a fitness professional and athlete. I give you the tools needed to decipher between the fads and the truth. If there was a program, diet, strategy or “once-and-for-all answer,” I tried it. This book will help: • You can live a life filled with health, peace, pleasure, and purpose." Psalm 32:8 • Believe anything continues to be feasible. My faith was shaken. • Break free from the routine of guilt, shame, doubt, and defeat. • Understand God's purpose for you and your health. • Realize why health is essential, Biblically. • Discover your Eternal “Why” and have Everlasting Results. "I will instruct you and teach you in the manner you should go; I will counsel you watching over you. • Make the decision to learn a new way to optimal health.



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Finally a great explanation of nutrition!! Occasionally weight loss and nutrition is like drinking from a fire hydrant. Kim's reserve pours the water into glasses to be able to drink in the information without being overwhelmed! Five Stars Well crafted, Divinely inspired. There are plenty of nutrition nuggets along with helping you understand why your habits will be the way they are. This book makes more sense than any other publication regarding food and fitness! Read it and consider it to HEART!! My book is full of Post It flags that I am anxious to dig back into. I loved this book!! You will want to keep carefully the book to refer to the meals section often. Many thanks for inspiring me to maintain my focus on God and not really on how many pounds I have to lose. I have already recommended this reserve to several of my close friends.!! Yay! Five Stars Awesome! Giving up sugars substitutes in my espresso and cooking with vegetables and proteins have improved my food intake. Focus on getting healthy This book has been a great motivator for me. Taking that evening walk with my doggie has added more steps to my daily exercise routine.! After my hubby died, I had lost my eternal "Why" but after reading this book, I have found the desire for a healthy life style again. Each is suggestions from the reserve.! This publication is written with plenty of personality and fun and is certainly well worth the read.! Realizing that God will not expect perfection has reminded me that I have to ask God to help me make healthier daily choices. Toss in the Faith and it should be a BEST seller!



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