

A close-up portrait of Clark Bartram, a man with short dark hair and light blue eyes, wearing a blue t-shirt. He has his hands clasped in front of his chin and is wearing a ring on his left ring finger.

**THE #1
BESTSELLER**

WHERE YOUR MIND GOES, YOU GO

**A MENTAL JOURNEY
TOWARD A
HEALTHY BODY
AND A
SUCCESSFUL LIFE**

VOLUME 1

CLARK BARTRAM

Clark Bartram

**Where Your Mind Goes, You Go: A Mental Journey Toward a
Healthy Body And a Successful Life (Volume 1)**



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After one short month of Teaching your brain with fitness guru Clark Bartram, you will be ready to conquer the world with more energy, much less stress, richer relationships and an improved body. Clark guides you daily, every step of just how, with humor and persistence. If you would like to totally experience what it's like to be the very best you possible and obtain the most out of lifestyle - then start on this fun and rewarding 30 day success plan today. He draws from a lot more than two decades of knowledge assisting people reach their full potential in every aspect of their lives.



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Inspiring interactive book When I started this reserve, I really wanted to read forward, I couldn't imagine taking thirty days to read it. BUT I'm so glad I did, they say it takes 30 plus times to break a habit. This book is straight forward, light in its tone and includes a nice positive vibe. I am so inspired by Clark and the real emotion he feels in the success he can help you find in yourself. I embarked upon this journey to "modification My entire life" Clark helps place your thoughts and perspectives inline to ensure your physical self will follow but I didn't recognize that this kind of thinking would switch more than My entire life, but also the people around me.! From the start of this reserve my journaling (Yes, you'll be journaling through out this process) has gone from unsure about my self and where I am at, to a more motivated, mindful, self-loving, steadfast and loving condition. This book is a must read if you want to be actually, mentally, and spiritually fit.! I discovered that I am a equine, not a camel. I might not finish first, but I will finish with satisfaction and contentment. I enjoy by the end of the chapters there exists a "Think About This section," I consider my time for about 1/2 hr and really try and dig deep about the issue it's asking and I discover truths within myself that I didn't understand I had, some good, some not so good that I've centered on repairing when I enter into thought about the subject and Clark helps you with that also. Choose the paperback rather than the electronic book if you don't want both. This one will have plenty of notes in it and stickies onto it. The best book on the market for motivation!!! It will get you relocating a positive direction in your life and switch how you appear at things! This book is amazing and was the catalyst in me getting my life .!! Clark is completely amazing!! This book is an excellent way to change how you live your life and see things in a positive light!!!!!! This book is if you are looking to take their life and health to another level but needs the daily motivation to take action. The everyday reading offers you just that little extra push you need to make every day the very best that it could be. Also, love the actual fact that Clark is definitely a christian so therefore you get just a touch of spirtual guidance along with the rest. Thank you Clark because of this very inspirational book that has brought me enjoyment and self-awareness When you decide to get serious approximately your HEALTH! Thanks Clark for your guidance in my journey to be healthful not just when you are our spokesperson for the Saba firm and the ACE product that we sell but also for writing this publication and giving everyone just a little daily encouragement to get the job done.! Well done, my friend!! So many of us concentrate on the physical facet of our body and do not realize that the mental aspects are so important to successfully improving our health/wellness.! Positive thinking, great book.!! There are so many lessons to become learned I am taking it slow so it all sinks in. It was as of this event when he spoke that I was totally transferred by what he said and from then on I knew I

needed his book. This season since I needed to work on becoming the best me I can be. When I opened this reserve and started reading I understood that this publication would help me with this trip. If you are searching for something to motivate you to become a better you I recommend scanning this book. I could attest to Clark after conference him and I look forward to seeing him again later on and learning even more from him. You MUST get this book.. I was able to meet Clark in person a month ago at an event. I was also expecting some exercise and diet advice, as Mr. We will have a life statement that We am living for each time and am more positive in my thoughts and actions! Absolutely inspiring read Last year I lost 30 pounds and at an We Showed Up Event offered by the Saba company that Clark is normally a spokesperson for I acquired the privilege to work through with him. Both through the reserve, and his challenge to save lots of America one pound at period. I enjoyed the format of a short thought and a call to do something positive to support that day's idea and also the days prior. I have met Clark and believe he lives these concepts everyday.!! Amazing book!. He autographed many copies of the publication for me personally and family users. It was a satisfaction to meet a guy who has assisted me in changing my entire life. Great daily guide to life The book gives solid, everyday challenges to assist you think about a positive way to lead your daily life. I have began working out with his video clips and I have lost over 65 lbs. Now I am focusing on my Mind:) I would encourage anyone to get his book, follow his guidance and see where you can be in 30 days!! Big fan of Clark for years. This has helped me become a better person today. Five Stars This book is a good read, very inspirational for your everyday living in life 30 days I'm glad I crammed right into a Weekend! Finished up doing the thirty days. It refocused my life an it'll refocus yours. This book is amazing and was the catalyst in me getting my life together . Old mind sets which were hard for me personally to forget about, were resolved in this reserve , and I could let go of my stinkin thinkin. There is no such suggestions in the publication. But I couldn't place this book down plus they completed it in a weekend and returned and did the 30 days correctly. Don't pass this one up! Five Stars Absolute must read reserve!! One month after reading this book I have noticed a happier healthier me, therefore has my family. Very motivational and it'll be a book that you would like to read again and again!.. Looking forward to my continued trip this book is preferred. Five Stars Worth reading ! It's essential read and a wonderful gift !!! great book! That is a well-written book with sound advice on feeling good about yourself.. However, there exists a lot of advice on improving your emotional health. Let Clark Help You Refocus Your Life This is a readable , biblically based guide to goal setting that won't only enable you to renew your faith, it can help you define your goals, your mission as well as your identity. Bartram can be, first and foremost, an exercise model and expert.



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