

#1 INTERNATIONAL BESTSELLER

Debut A New You

Transforming Your Life At Any Age

*HEALTH.
CONFIDENCE.
SUCCESS.*



DR. MIMI SECOR
— 63 years old



Dr. Mimi Secor

Mimi Secor

Debut a New You: Transforming Your Life at Any Age (Coach Kat and Dr Mimi
Book 1)



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That is a book about an improbable fitness journey involving a nurse practitioner who returns to school at age 59 to earn her doctorate and at exactly the same time chooses (with her daughter's help) to be healthy and fit. Despite her overwhelming stress levels, fat gain, poor sleep, her busy research and working arrangements she slowly requires charge of her life and transforms it. debut at 62' earning a 5th place trophy in the over 40 age category. She not only graduates with her doctorate but a 12 months later on competes in her initial bodybuilding display making her " Dr Secor shares her journey and and how she could change her existence at a time when most of her peers are contemplating retirement. She shares tips and tricks on how she created such amazing results. Due to her experience she is passionate about about helping other become healthy, happy and fit. This reserve will inspire you to change your existence- today! She believes it is never too past due to go after your dreams and that age is just a number.



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..A great roadmap. I highly recommend this book for anybody thinking about healthy living and .! I have already been following Dr. Mimi since we met at a program that she was lecturing at. I am a gastric sleeve patient and also have lost 120 pounds at this time, but when I met Dr. Mimi, I was struggling. Having a positive attitude, makes the world difference particularly when it involves getting healthy and remaining healthy!! I am so thrilled to have a step by step reminder of how exactly to stay on track to be healthier! Lifestyle is not over without donuts!! It has to be. I really like that she includes Overeaters Anonymous as a source. That is an underused resource! Don't pass this publication up, it WILL change your daily life!! Dr. But our older life is! Using food as fuel takes practice and preparing. Fail to program.. Take responsibility for your wellbeing 2. If your searching for a light browse, filled with inspiration than this book is certainly it.. Her book is sensible and has factoids that's relevant to improve self health. I really like that she pieces out step by step how to accomplish each task in resetting your daily life. No Excuses! Learning how to plan is essential! Attitude is so essential. As a nurse and now a Family Nurse Practitioner, sometimes looking after others takes precedence over own health. As a nurse practitioner, I try very difficult to walk out what I am requesting of my patients! That is an excellent tool to help me do this and help my individuals do the same!!!! I recommend this book for anyone seeking to make a wellness/fitness ... This is very inspirational tale. I first met Mimi through social media via our shared trainer Bonnie Switzer IFBB Pro. Mimi and I became quick friends and cheerleaders for one another. Being 55 and carrying out my first display at 52 after fat loss I can tell you that Debut A New You is honest, insightful and i'm all over this. Mimi This is essential read for individuals who really wants to transform their life around and their health no matter age. which in my opinion is how healthy eating and fitness ought to be. She provides truthful and hopeful aspirations that we all truly can change our health and wellness at any age group. It is true, I hardly ever stepped into a gym until I was 50!. Never too late I love that it's never too past due to chase your dreams or get much healthier. I worked at a fitness center, and watched one lady compete in amount competition in her 50s. I was so transferred by her lecture, that I bought the book and browse the entire factor on the flight house, less than 3 hrs.. Go obtain it! Mimi is usually a head in her field. In this revealing memoir, she tells us about the dramatic transformation she has made and includes some sage suggestions informed by her personal story. Very good motivational book! She's been a inspiration for most, including me. so accurate! I've always been active and worked out, but lately I've been feeling bored with my routine of working out.!! An easy read, really inspiring and motivating! Simply when you think you are too old to change, to improve your health, your body and self esteem - "Debut A FRESH You Transforming YOUR DAILY LIFE At Any Age group" comes out - wakes you up, opens your eye to the reality that it's NEVER TOO LATE! 1. Great read - anyone, at any age, and everyone needs to read this book!! I am so excited to finally browse this book!... Also if you are already active and work out, the book is helpful. I recommend her book to others attempting to improve their health. I was stuck in a mindset where I held informing myself “ I'll do it after school. I love the actual guidelines provided too! Each individual can turn over a fresh leaf if we apply all of the 5 concepts that Dr. Thanks a lot for writing it! Awesome book, so motivating I loved this publication!!” I was inspired to start out making changes today, not after school! It's a straightforward read and it's so informational. It's really helped me get motivated and combat my inner "gremlins" as Mimi says. Since I have examine it, I have already been meals prepping and planning. She has written a compelling publication describing her journey from yo-yo dieter to body building competitor. There's so many good suggestions that I had never thought of before to create a habit forming healthy life! easy, fun read Such an easy,easy, fun read! I recommend this book for anybody looking to make a health/fitness transformation. It provides inspired me to accomplish better with my health, eat better and exercise better. Now Personally i think better! I recommend scanning this reserve. It's a easy, fun read. Inspirational... Love the publication and Dr. I feel Mimi made this reserve simple and easy and uncomplicated to

understand and put into action;! This book truly inspires me. I never considered no salad dressing! Mimi and Mentor Kat talked about in this reserve.!. Stop guessing... need a plan and take actions to attain weight loss goals 3. Food is fuel... utilize it to improve your health 4. Exercise is enjoyable... remain consistent in what you love to perform 5. Commit 100 percent... dedication to accomplish what it requires to improve your health. Mimi is supremely physically fit. Mimi Secor is an motivation and amazing part model. Be kind to yourself, grab this book... it'll energize and motivate you to become fit and healthy. Invest in your health, it's worth it! I had the pleasure of meeting Dr. Mimi at an NPACE meeting where she was lecturing. Yes, I'm sure it's harder due to other duties, but it really comes down to how much would you like it? This reserve is wonderful, I can totally relate to chapter 10 - Mindset Is Everything. Using her guidance has been life-saving!. Quick easy practical read for those who think they're too active to be healthy and fit An instant easy read created for those that think they are as well busy to become healthy and fit. I browse the whole book in a single evening. I usually don't compose in books I purchase, but after reading a few chapters I realized I will be taking some notes. I sensed Dr. Mimi must have been searching inside my mind when she wrote a few of these chapters as she tackled many of the issues/struggles I've had over the years. I only wish that I would have read this sooner! Please take advantage of the free 15 minute discussion to get some good clarification on your own health journey! It has inspired me to do better with my health I actually was able to relate to Mimi several times throughout this reserve. You'll be very motivated to really get your act collectively when you surface finish it. After years of reading about fitness and attending shows, this is actually the first time that someone actually discussed females who are post menopausal.! Get in the mindset and get this book! This is a straightforward to read book for anybody needing to make lifestyle changes. Mimi's chapter on Mindset really spoke to me. This publication offers helped me to refocus rather than feel alone.! After reading her publication, I could list several very particular strategies to begin taking action right away. Secor is intelligent, inspirational I've never written an assessment before but also for this book I feel compelled to. I had the pleasure of conference Dr. Secor and getting a signed copy of the book. The very first time I read it. There are so many of us who struggle with food! What's your why.I just read the publication. The second time I read it, I comprehended it and could relate completely. She covers all of the places people tend to fall short and excellent tips on how to conquer those obstacles. It had been therefore refreshing!! And we are in need of it to live! Secor is normally smart, inspirational, energetic you can't help but be drawn in. I definitely recommend this book. Mimi is an EXPERT on fitness. I highly recommend this book for anyone interested in healthy living and fitness. I totally loved this book and encourage you to read it, you'll be so happy you did.. Dr. I have truly realized that planning is everything. Dr. She is extreme and driven and includes a deep well of knowledge about physical fitness. An excellent read for anybody thinking about the roller coaster trip to physical transformation.



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