

Determined, dedicated, disciplined *To Be Fit*

The "Ageless"
Journey of
Ernestine
Shepherd



ERNESTINE SHEPHERD

Ernestine Shepherd and

Determined, Dedicated, Disciplined To Be Fit : The "Ageless" Journey of Ernestine Shepherd



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Ernestine Shepherd is definitely in better shape than most people, decades her junior. She is up at 3 a.m. each morning, she spends her times running, weight lifting and working out. She also works as a certified personal trainer at her fitness center. Feeling better than she did at 40, "aging? This book will cause you to laugh and cry and help you get started by yourself fitness journey. She actually is getting the time of her lifestyle and constantly demonstrates " She is usually a role model not simply for senior women just about everywhere, but for each one of us. age is only a number. She has a lot to educate us about thriving at any age, if we are but prepared and open to learn. When many folks only discover themselves as declining and getting old, she actually is in the greatest shape of her life and is a supreme function model to seniors everywhere and to ordinary people, as well. "What's her secret? What exactly is she carrying out to defy "m. Bodybuilding Champion" How do she transform herself from the average middle-aged girl to bodybuilding diva? Are you all set on her behalf life journey and see the globe from her eyes? Prepared? Okay, let's get determined, dedicated and disciplined to become fit through the eye of Lady Ernestine Shepherd, and ghostwriter and publisher, Theresa Royal Dark brown. Ernestine Shepherd shows us that being out of shape as we age truly is merely an option, NOT a mandate!



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!! Would recommend this book to everyone. I have to say that this book was a nice surprise. I in fact did examine it cover to cover in essentially one seated. Ms. Shepherd is usually hilarious and a complete inspiration for anyone seeking to regain lost conditioning. She is so open and down to earth that it inspires everyone to strive for the best that people can be. Age can't be a justification. I absolutely recommend this book! Total Inspiration!! She doesn't gloss over or glucose layer her past or her struggles. YESSS!.. life lesson fitness story Funny read! So very inspirational I read this book in a single sitting in the middle of the night time while everyone slept. It had been relaxing to read and shows the process that made Ernestine therefore determined. Her attitude and spirituality are great and to be emulated. That is in no way a weight-lifting manual but a beginner guide with some beginning exercises from a specialist. Time to get moving! Inspiring Oh my gosh I woke up today feeling so hopeful. when I began reading Mrs. A prescription for joyous living. She actually is such a real inspiration to both women and men approaching "old -er age" I was needs to feel therefore depressed about growing older and been fighting all the adjustments in my own body and began to get into the mind set that life was pretty much over as I understood it but Mrs Shepherd true life story gave me hope. It's so superior to hearing in other books how as you age it becomes challenging to lose excess weight and get fit. Mrs Shepherd and her advice in this book is something I will under no circumstances forget and I really believe everyone that reads her tale will leave with a lot more than before reading it. Thank you, Ernestine. Mrs Shepherd earns her beauty inside and out rather than buys it.! Age is Only a Number Get up. Get going. Get fit. But more so inspired! Shepherds reserve yesterday I could not prevent til I got to the very end and generally I am very distracted when I go through. Through workout, weight training, and faith, Ernestine shows us how to rise against despair, inertia, and the perceptions of ageing. I cannot wait to use her prescription! DDD A simple book, written from the heart. Common sense and lots of effort. Ernestine inspires me. Ernestine's trip to get herself fit is amazing, inspiring and thankfully because of just how she tells her tale, achievable. I shared this publication with my hubby this morning hoping he can understand better how thrilled I am and why I am holding on about how I finally found someone who is a genuine inspiration rather than the women put in mags and such who virtually are not "real" . A very inspiring fitness story that, probably, a whole lot of baby boomers need and haven't or barely see (because of the age group of the author). Ernestine's journey is a genuine inspiration. It is among love, loss, ups, downs.. I really like her enthusiasm and candor as she tells the whole story of her life. But rising through everything to be the very best that she could possibly be for herself, her family and certainly on her behalf sister. Keep doing everything you perform Ms. Ernestine. Thanks for sharing your trip with us. Today is April 4, 2018. IT'S NOT TOO LATE!! IT'S NEVER TOO LATE This book has inspired me to get healthy..!! Rhoda Norton Five Stars Very inspirational!! Amazing Ms. Ernestine is normally whom I'm looking up to as my motivator. Thank you and GOD bless. Stay youthful. She's actual and relatable. Thank you.! Her faith and journey is certainly amazing and I love her clothes! She is an motivation to all women. Excellent Excellent read! Inspirational!! Right now if I could just get my iPad to work life will be great! What an Inspiration! I am 56 this year and know there can be hope for me if I am ready to be determined, dedicated, and disciplined.. Only if there is a 6 star option. You can be fit at ANY age group and reading her tale has me saying deuces to the excuses. Age IS just a number.. Where's my running shoes?! Although I'm 55 years young and 208 lbs. I Many thanks Mrs. I will update in six months. I have an image of you in my own vision book to maintain me accountable. Reading her story experienced me laughing and crying. Shepherd for being instrumental in my own fitness journey. Ernestine Sheperd is an Inspiration What an incredible

story for anyone, but most especially for me as a 60 year old who has always been a captive of my weight and low self esteem. Read book in one seating under no circumstances put it straight down, That Good! Any woman over 50 will recognize that. That Good! Inspiration Loved this book!



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