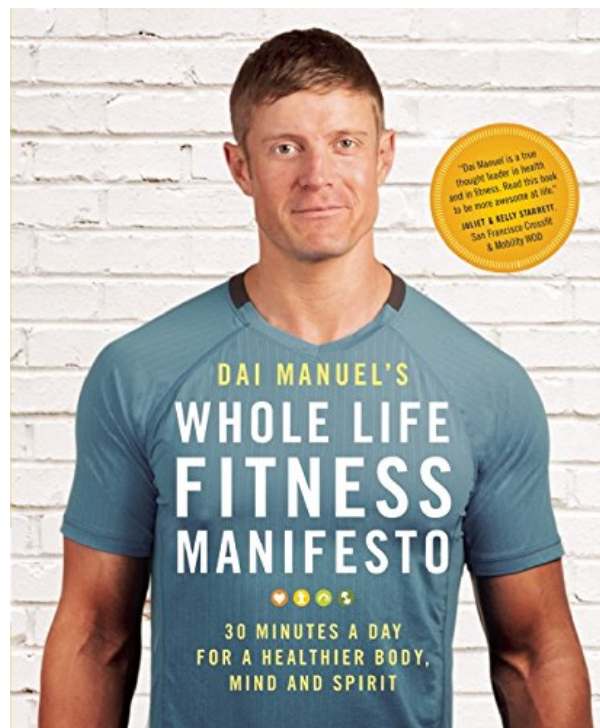
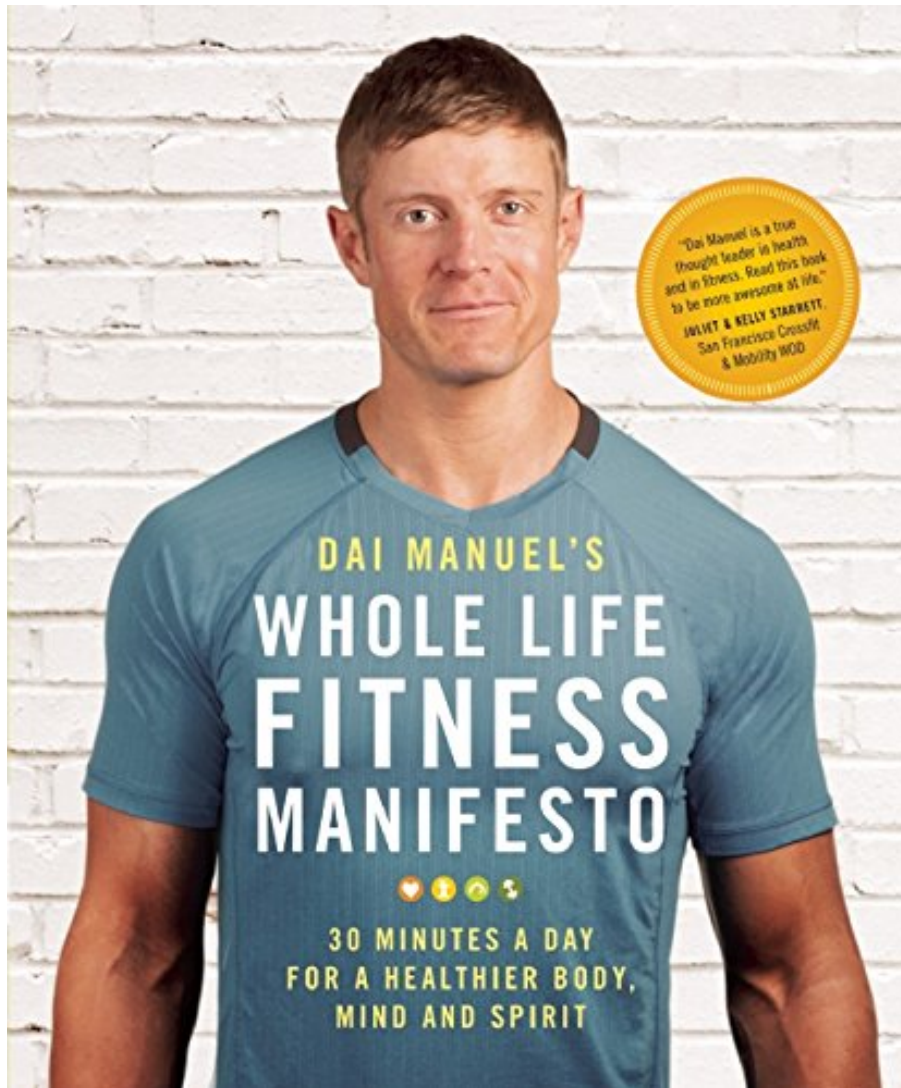


DAI MANUEL'S WHOLE LIFE FITNESS MANIFESTO: 30 MINUTES A DAY FOR A HEALTHIER BODY, MIND AND SPIRIT BY DAI MANUEL



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As known, experience and encounter about driving lesson, entertainment, and also knowledge can be gained by only reviewing a book Dai Manuel's Whole Life Fitness Manifesto: 30 Minutes A Day For A Healthier Body, Mind And Spirit By Dai Manuel Even it is not straight done, you could recognize even more concerning this life, about the globe. We offer you this proper as well as easy method to gain those all. We provide Dai Manuel's Whole Life Fitness Manifesto: 30 Minutes A Day For A Healthier Body, Mind And Spirit By Dai Manuel and also lots of book collections from fictions to science at all. One of them is this *Dai Manuel's Whole Life Fitness Manifesto: 30 Minutes A Day For A Healthier Body, Mind And Spirit By Dai Manuel* that can be your partner.

Review

“Dai’s manifesto is pure brilliance—everything that the fitness, health and wellness community needs in a book, a leader, and a movement. Dai isn’t just lecturing here—he is leading and living a transformed lifestyle.”

—Kelly Olexa, founding CEO, FitFluential

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About the Author

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Lifestyle mentor and fitness coach Dai Manuel's Whole Life Fitness Manifesto is a new kind of fitness book. It's not just about physical health but whole-life fitness that blends mindfulness and personal development with equipment-free workouts. This sustainable lifestyle extends beyond the book, allowing Whole-Lifers to connect with like-minded people in a supportive online community.

The Whole Life Fitness Manifesto provides the tools you need to create a "FUN-ctionally fit" lifestyle at any age or level of ability, in 30 minutes a day.

The Whole Life Fitness Power 30 program consists of:

- 15-minute equipment-free workouts that you can do anywhere
- Worksheets and diary pages to help you track your progress
- Photo-illustrated breakdown of more than 30 exercises
- Mindfulness and meditation tips
- Customizable workout plans
- Expert nutritional advice
- Personal development prompts
- An opportunity to access a thriving online community – join the tribe!

Learn how to re-program your body, make better choices, release excess weight, and become stronger, healthier and happier for the rest of your life.

Join the thousands of men and women whose lives have been transformed by Dai's Whole Life Fitness Power 30 program, and let their success stories inspire you.

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- Published on: 2016-01-12
- Original language: English
- Number of items: 1
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- Binding: Paperback
- 224 pages

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Most helpful customer reviews

0 of 0 people found the following review helpful.

THE way to transform your entire life!

By newbodi.es

Dai Manuel has put together a literally-life-changing book (and approach to life, really). He guides you through a process that creates an inspired, driven, healthy person (in the broadest sense, not just in terms of fitness). He's lived the transformation himself, so he really understands what it takes. That makes such a difference - this isn't some guy who always was super fit who benefitted from magic metabolism and perfect genes. He's a real person who has overcome obesity, depression and his own health issues to lead this really inspiring life dedicated to helping others.

I can't recommend this book enough, and have actually given it as a gift to several people.

1 of 1 people found the following review helpful.

easy to read book that inspires and encourages the reader ...

By K W

Dai Manuel has written an educational, friendly, easy to read book that inspires and encourages the reader on

a path to fitness (and not just physical!). There are photos, quotes from people who have worked with Dai, clear explanations of the various exercises, and his "whole life" philosophy of fitness.

0 of 0 people found the following review helpful.

The REAL DEAL

By Amy Valleau

Self-improvement is a personal, ongoing project.

Dai breaks it down into three pretty easy steps. Easy is the understanding. Doing is the challenging part!

His formula is you need to give yourself 30 minutes a day. That's all. I kinda see this as steeped in a crossfit mindset.

30 minutes

15 minute WOD (workout of the day)

10 minutes of personal development

5 minutes of meditation.

Sound easy? It is... and it isn't.

The WODS make you work really hard, and get really sore. But it's really worth it!

Personal development - feed your brain. Read, journal, something that challenges you.

Mediation - five minutes of mindfulness. I am so sucking on that part right now!

There's a lot of things in our life that we give time to. Things that are basically junk food for the mind. Television, video games, using substances that aren't that good for us. we all have "time vampires" in our life that we use to distract us from true thought and development.

The book is a short read but really drills down to the core of what makes us happy. What, if we focus on, will pay back considerable dividends.

And you don't have to do it alone! Dai's got a whole tribe of folks that are in the same struggle as you. There is no judgment, only moving forward! He will email you a workout and a motivational video during his phases. Google and see when the next one is starting!

The book is the real deal, with nutrition guidance, explanation of exercises with pictures, and handy sheets you can track your progress on. My plan is to keep incorporating these things in my life as I work to be healthier, happier, and more balanced.

See all 10 customer reviews...

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