



# **Release The Beast: Conquer Mental, Physical & Diet Challenges To Unleash The Champion Inside!**

*Michael Moore*

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Have you every actually **finished** a new year's resolution?

Have you every wanted to look like that person on that fitness magazine cover?

Are you ready to **finally** let go of the past and get to that next level of fitness?

## It's Never Too Late!

This **astounding** and **enlightening** book will radically change your mindset when it comes to how you approach fitness. This book was written for everyone who has tried diet and fitness plans but did not get the final results they desired. *Release The Beast* will give you the tools necessary to breathe new life into any nutrition and fitness plan. You will no longer be a victim of your past. This book will bring the mental **clarity** needed to start a new journey towards your dream body.

When trying to get in shape, we consistently have obstacles in our lives. We have our kid's crazy schedules. We have consistent work demands. We have daily family obligations. If we are lucky enough to squeeze a few minutes in our already crowded schedules, we *THEN* make time for fitness. Shouldn't our lives be structured to support our fitness goals and not the other way around?

*Release The Beast* aids in taking our lives back! No more telling ourselves "*tomorrow, I will*" because you will be starting today! No matter if you're a business executive, stay at home parent, bodybuilder, college student, teacher, doctor, etc., this book was created for **YOU!** This book was written to address real life motivational issues we all face. No "*lose weight in five days*" or "*gain 10 pounds of muscle in a week*" get fit quick schemes are in this book. This book just gives you the hardcore honest **truth** in what you need to do to get to your fitness goals.

Release The Beast sets your mind and body for success by:

- Getting you to **let go** of past failures
- Pushing you to new levels of **greatness** with over twelve unique challenges
- **Stopping** negative thinking in its tracks
- Finally confronting your biggest adversary...**YOURSELF!**

Follow the advice in this book and get closer to the body you know you **deserve**.

Deep down inside, you know you could always be better. Maybe you need to be a little **faster**. Maybe a little **stronger**. Maybe an inch **thinner**.

What's stopping you from being better?

If you're ready for a life long change, all you have to do is take a deep breath and.....

## **RELEASE THE BEAST!**

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#### **Raymond Dahms:**

Spent a free a chance to be fun activity to complete! A lot of people spent their spare time with their family, or their very own friends. Usually they performing activity like watching television, planning to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book could be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try look for book, may be the publication untitled Release The Beast: Conquer Mental, Physical & Diet Challenges To Unleash The Champion Inside! can be great book to read. May be it could be best activity to you.

#### **Tina Wilson:**

In this era which is the greater individual or who has ability in doing something more are more special than other. Do you want to become one of it? It is just simple strategy to have that. What you should do is just spending your time not very much but quite enough to experience a look at some books. One of many books in the top collection in your reading list is Release The Beast: Conquer Mental, Physical & Diet Challenges To Unleash The Champion Inside!. This book which is qualified as The Hungry Slopes can get you closer in becoming precious person. By looking upwards and review this reserve you can get many advantages.

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