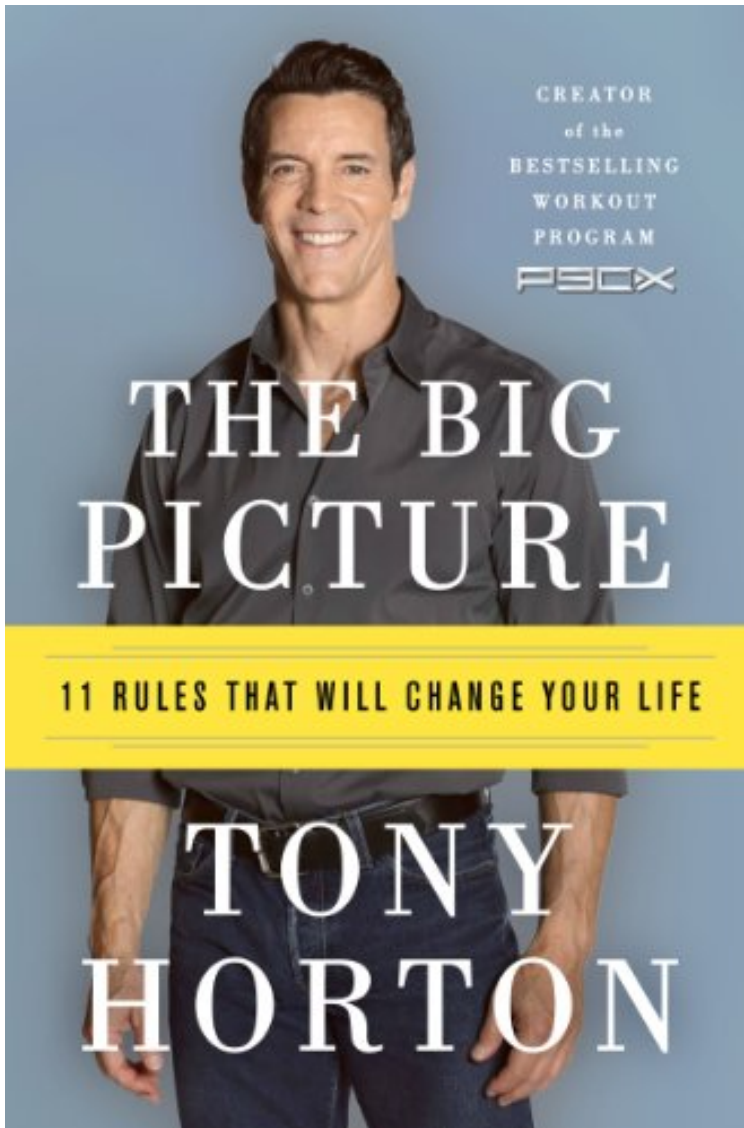


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The Big Picture: 11 Laws That Will Change Your Life



Par Tony Horton
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Description :

Prsentation de l'diteurPart Tony Robbins, part Mehmet Oz, here is fitness guru and creator of P90X Tony Hortons wake-up call for readersa motivational and practical guide to creating a better life and a healthier body.One of Americas best-known and most-loved fitness gurus, "master of motivation" Tony Horton shares his philosophy that will help you live your best life. In his first non-workout book, he offers 11 Rules that provide a clear path and purpose for achieving life goals and obtaining optimal health.Written with his trademark irreverence, candor, and take-no-prisoners approach, The Big Picture shows you how your physical health is intricately linked to your mental, financial, and family health, and overall happiness and

contentment and how the same skills and principles that work in the gym work in every area of life. Tony shares stories of the hard-won battles he's faced—many of the same life challenges experienced by his fans—from childhood bullies and problems at school, to financial troubles and being overweight. Enlightening and practical, *The Big Picture* can help you how to slim down, feel good, and live better.

Revue de presse If you really want to GO FOR IT, in life or in fitness, Tony Horton is truly your guy. Not easy, but it's not supposed to be. He's as good as it gets, at the high end. (Chris Crowley, *New York Times* bestselling coauthor of *Younger Next Year*) Tony lives it—he beat the odds, took charge of his life, and changed his future. In *The Big Picture*, he shows you how to create breakthrough success in every area of your life. (Brendan Brazier, *Professional Ironman* and author of *Thrive*) As a society, our collective bad habits and poor lifestyle choices are killing us softly. In *The Big Picture*, Tony provides us with a roadmap to change. This is an inspiring, motivating book that will make you feel accepted and understood, while also making you laugh out loud. (John M. Ratey, MD, Clinical Associate Professor of Psychiatry, Harvard Medical School) Tony gets vulnerable and allows us to peek into his journey to success, sharing valuable tools on how to succeed at anything and be happy, healthy, balanced and fulfilled while doing it. A very fun and inspirational read from a guy who has helped so many people transform their lives. (Darin Olien, Creator of Beach Body's Shakeology)

Présentation de l'auteur Part Tony Robbins, part Mehmet Oz, here is fitness guru and creator of P90X Tony Horton's wake-up call for readers—a motivational and practical guide to creating a better life and a healthier body. One of America's best-known and most-loved fitness gurus, "master of motivation" Tony Horton shares his philosophy that will help you live your best life. In his first non-workout book, he offers 11 Rules that provide a clear path and purpose for achieving life goals and obtaining optimal health. Written with his trademark irreverence, candor, and take-no-prisoners approach, *The Big Picture* shows you how your physical health is intricately linked to your mental, financial, and family health, and overall happiness and contentment and how the same skills and principles that work in the gym work in every area of life. Tony shares stories of the hard-won battles he's faced—many of the same life challenges experienced by his fans—from childhood bullies and problems at school, to financial troubles and being overweight. Enlightening and practical, *The Big Picture* can help you how to slim down, feel good, and live better.