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The **Get It Done Nutrition Guide** shows you how to make smart, healthy choices for you get it done, and new results.

— A FASTER-FITTER YOU



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T25 Get It Done Nutrition Guide

Mary A. Tichi, PhD, MBA

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Got Health-Style? Mary A. Tichi, PhD, MBA, 2016-12-05 Are you ready to completely turn your life around Not only to start working out or to push yourself to some new fitness goal but to really turn around your well being This is not some rule filled fitness only book about how to do the perfect push up or make the right low cal kale salad This is a guidebook pointing you toward a better life a life free from the baggage of the past and filled with the promise of a new future Author Mary Tichi has been where you are wondering how to move toward a healthier outlook In Got Health Style Mary shares her own journey as she puts her years of personal coaching experience to work guiding you along the way Her experience gives a unique and valuable perspective and offers accountability motivation and inspiration for any health goals Supported by personal trainers and medical professionals Mary s journal holds the promise of a new life for anyone who is serious about taking even the smallest steps that will lead to huge changes *Words on Cassette*, 1995 *American Scientist*, 1942 **American Book Publishing Record Cumulative, 1876-1949** R.R. Bowker Company. Department of Bibliography, 1980 *On Cassette*, 1990

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