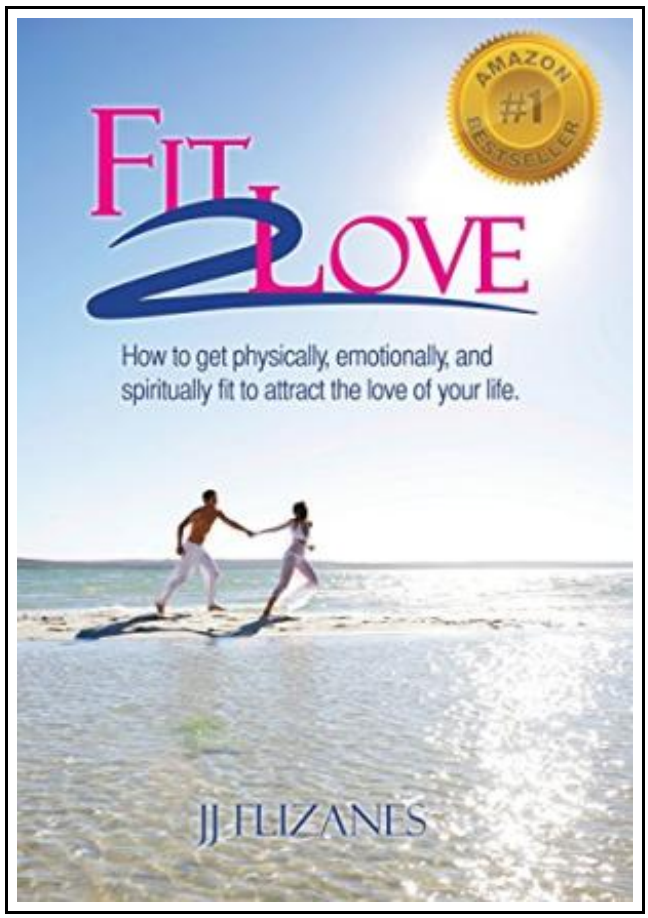
Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life (Hardback)



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FIT 2 LOVE: HOW TO GET PHYSICALLY, EMOTIONALLY AND SPIRITUALLY FIT TO ATTRACT THE LOVE OF YOUR LIFE (HARDBACK)

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Balboa Press, United States, 2014. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fit 2 Love is an intriguing combination of fitness expertise with matters of the heart from acclaimed celebrity fitness trainer JJ Flizanes. Through her own personal quest for love and case studies of other men and women who have successfully implemented her fitness for love program, the author supports her position that one must love and care for themselves before they can attract a reciprocating love. Fit 2 Love also includes a four-week plan that is an easy exercise, nutrition, and self-care process that will guide readers to transform the relationship they have with themselves, their body, and others. We all want to be loved. JJ provides help for everyone who wants to love themselves and their bodies, as well as attract more love from others. --Dr. ChErie Carter-Scott, #1 New York Times bestselling author of If Life is a Game, These Are the Rules Fit 2 Love offers a holistic perspective, practice, and manifestation of a healthy self-love that reveals the love-energy that you already are--the key to drawing authentic love into your magnetic field. Luxuriate your spirit in JJ Flizanes s well-earned wisdom that came from direct experience and you will enhance your ability to experience life s sweetness. --Michael Bernard Beckwith, author of Life Visioning Just when you think you ve read everything about attracting the relationship, boom--along comes JJ Flizanes with new information and a magnetizing format. Fit 2 Love is more than what you might ve read before: it s a treasure map; it s a menu planner; it s a true way-shower. Read it! You ll love it! --Mary Manin Morrissey, author of Building Your Field of Dreams and No Less...

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