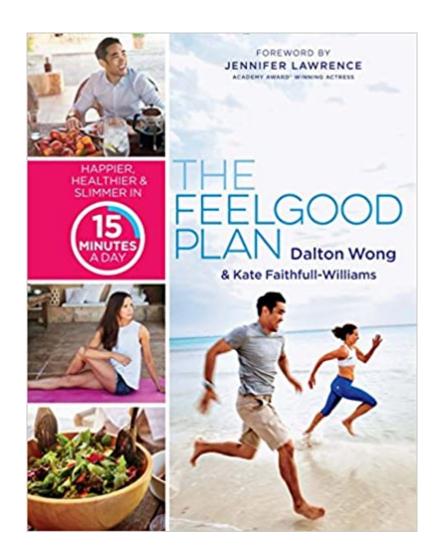


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The Feelgood Plan: Happier, Healthier & Slimmer In 15 Minutes A Day





Synopsis

Å¢å ¬Å"He changed my body for a movie, but gave me the skills to change my life.Dalton is different to other trainers because he understands what my body needsâå ¬â •how to exercise, when to unwind, how to enjoy food.à Iâå ¬â,¢m so happy heâå ¬â,¢s written a book with such a wonderful message.âå ¬Â• âå ¬â •Jennifer Lawrence à Celebrity trainer Dalton Wong and health writer Kate Faithfull-Williams have a powerful message to share: in just 15 minutes a day you can change your body and mind for life. The Feelgood Planà is packed with positive ideas, practical advice, and interactive quizzes. It helps you tune in to what really makes your body feel great, from quick and effective do-anywhere workouts to healthier versions of your favorite foods. Whenever you feel tired or stressed, this wonderfully fresh approach to achieving good health will get you back on trackâå ¬â •and make you look and feel younger. Thereâå ¬â,¢s even a 12-week plan for putting all your healthy intentions into action! à Jennifer Lawrenceà will contribute a foreword.

Book Information

Hardcover: 224 pages

Publisher: Sterling Epicure; 1 edition (March 8, 2016)

Language: English

ISBN-10: 1454919728

ISBN-13: 978-1454919728

Product Dimensions: 7.6 x 0.8 x 9.3 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 30 customer reviews

Best Sellers Rank: #126,488 in Books (See Top 100 in Books) #44 inà Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #1973 inà Books > Cookbooks, Food & Wine > Special Diet #2158 inà Â Books > Health, Fitness & Dieting > Diets & Weight Loss

Customer Reviews

Celebrity Praise for Dalton Wong and Kate Faithfull-Williams: \hat{A} \hat{A} \hat{A} \hat{A} $\hat{\phi}$ $\hat{\alpha}$ $\neg \hat{A}$ "Dalton is the person I turn to, he gets me in shape for Game of Thrones and my films. \hat{A} \hat{A} He is the only personal trainer who understands what my body needs when it comes to exercise \hat{A} \hat{A} and eating well. \hat{A} $\hat{\phi}$ $\hat{\alpha}$ \hat{A} \hat{A}

Dalton Wong is one of the world \tilde{A} ¢ \hat{a} $\neg \hat{a}$,¢s leading personal trainers. \tilde{A} \hat{A} His clients include the cast of \tilde{A} \hat{A} X-Men, Kit Harington and stars from \tilde{A} \hat{A} Game of Thrones, Amanda Seyfried, Zoe Kravitz, and many others. \tilde{A} \hat{A} \hat{A} Kate Faithfull-Williams is a top health and fitness writer. Her work has been published in the Sunday Times, \tilde{A} \hat{A} the Observer, \tilde{A} \hat{A} the Daily Mail, \tilde{A} \hat{A} and national women \tilde{A} ¢ \hat{a} $\neg \hat{a}$,¢s magazines.

Amazing read, changes your outlook on life!

Great book, I'm going slow, but it has struck my interest ... hope I can loose a few pounds, while having fun! Bought one for my daughter too! She's getting into it!

Too involved and lots of instructions, groceries, etc.

Real common sense. No "religious" mumbo jumbo. I did find what I needed and I am applying it. It works.

This book has is a great perspective and not overwhelming way to get right FOR YOURSELF,

I have been into doing Insanity and T25 and it comes with the meal plans. It didn't work out as much as I would have liked - the meal plans felt like torture! What this book adds is the food side of things and our eating habits. I particularly liked the fun facts about exercise. Also, helps a lot to know your favourite stars have been trained by Dalton Wong! Good enough for J Law and Kit Harrington, good enough for me!

I started reading already, but didn't finished yet. It an interesting book.

Oh my! I usually just skim books but I find myself reading every page. It has helped dealing with my stress and why I eat more when I'm bored. Great book!

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