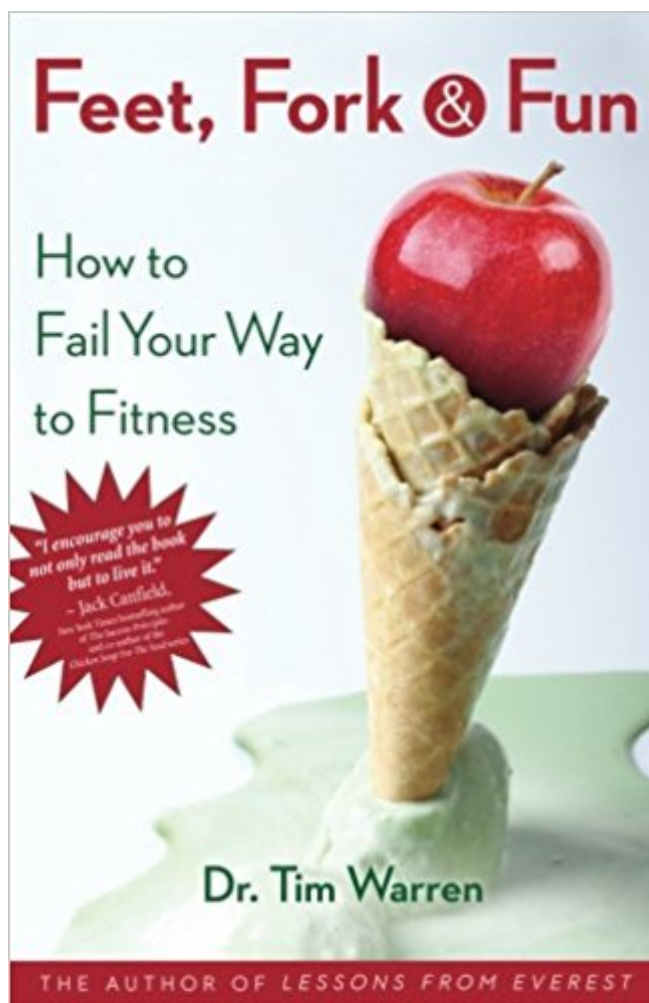


The book was found

Feet, Fork, And Fun: How To Fail Your Way To Fitness



Synopsis

THE BOOK WE "LOSERS" HAVE BEEN WAITING FOR • Do you have the best intentions to be healthy? Have you exhausted numerous health fads that simply did not work? Do you think being healthy, happy and fit is something that will never happen for you? Wrong! You found Feet, Fork, and Fun at the perfect time. Vibrant health, optimal energy, and the ability to thrive in all areas of your life is waiting for you to take that next step; the next step as you climb your mountain towards optimal wellness. In Feet, Fork & Fun: How To Fail Your Way To Fitness, world class mountaineer, chiropractor, teacher, health guru, natural medicine advocate, and author of Lessons From Everest, Dr. Tim Warren reveals the simple, doable, and step-by-step secrets to a healthier, happier you. In fact, • can be just another stepping stone to attaining amazing health and fitness goals and the steps can be as easy to implement as: • • • • • • • • • Making a decision right now to improve just one aspect of your life to shift your world. • • • • • • • • • Luxuriate yourself. • • • • • • • • • Embrace your fitness • • • • • • • • • Eat MORE fat. (That's not a typo.) • • • • • • • • • Crack up (Laughter is great medicine) • • • • • • • • • GET OUT OF HERE: The best gym you'll ever find is outside. • Feet, Fork & Fun: How To Fail Your Way To Fitness is the product of decades of Dr. Tim Warren's experience, research, and first hand knowledge from caring for over 250,000 people. With his wisdom and simple tools, you can optimize your health, your wellness, and your life no matter how often you've failed before.

Book Information

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> Cancer Prevention #110 in Books > Health, Fitness & Dieting > Aging > Exercise

Customer Reviews

Dr. Tim Warren has been an endurance athlete and adventurer since the age of 12 when he came in nearly last in his first cross country race. He hiked the Grand Canyon rim to rim at age 15, ran his first 26 mile marathon at 16 and hitchhiked coast to coast at 18. Dr. Tim has suffered from a debilitating joint and nerve condition since the age of 10 inspiring him to dedicate his life to researching natural fitness, nutrition and headspace. He became a Doctor of Chiropractic and subsequently cared for over 10,000 individuals in over 250,000 patient interactions before leaving clinical practice to teach and write. His topics invariably result in "inspiration and perspiration" for his audiences ranging from second graders to Fortune 500 companies to chiropractic conventions. His mission is to leave his audience with the concept of super-wellness and the confidence to know they can achieve it. A former sponsored mountaineer/athlete, Dr. Tim has climbed the highest peak on four continents including becoming the first Rhode Islander and Chiropractor to summit Mt. Everest at age 48. His first book "Lessons From Everest" was published in 2010 and his second "Feet, Fork and Fun: How To Fail Your Way To Fitness" was published by Wickford Press in January of 2017. He is available to share his message of attainable wellness at gatherings large and small. Through his school presentations, Dr. Tim has reached many tens of thousands of children grades 2-12 with his message of hope, optimism, hard work and especially the concept of failure as prerequisite of success.

A concise, easy to read blueprint for living a healthier, happier life. The author has the ability to convey his ideas in his own "voice", staying away from endless facts and figures and offering concrete advice and wisdom. Thank you Dr. Tim for sharing your years of experience, this book will be helpful to many who are overwhelmed by the prospect of taking control and being responsible for their own health and wellness.

A good reminder and a kick in the pants. It is never too late start over. Thank you Dr. Warren!!

Just read it again and loved it all over!

A well written, informative book. Following Dr. Tim's principles will enable anyone to reach their full fitness/wellness potential.

OK, I admit I was a loser when it came to taking care of my own health because I was too busy taking care of everyone else's health. This book is jam packed with great advice to get you from

sitting idle in front of the computer screen to regaining your health. I literally put the advice in this book to use before I had gotten to the last page. It's not just a good read, it's an action plan to minimize your stress, increase your mental acuity, build your physical strength, improve your eating habits and improve your overall well-being. Great Stuff!

"Dr. Tim has hit this one out of the park. As entertaining as it is informative, *Feet, Fork & Fun* is an outstanding resource for anyone who wants to demystify the process of getting, and staying, fit and healthy. Tim Warren practices what he preaches and leads by example." John Zombro Physical Therapist, Health and Fitness Consultant, and founder of The Lifetime Body

Excellent, well written book (guide) for your everyday person struggling with living a healthy lifestyle. With all the confusing fad diets, Dr Tim makes it easy to just get started with healthy living. Dr Tim's lessons from Everest is a great book to read along with feet, fork and fun because it teaches you how to set your goals and achieve them which goes hand in hand with changing your lifestyle.

Just what the doctor ordered! Another great book by Dr Tim Warren, always a champion of health and wellness, he guides us through our own journey to health fitness in a manner only he can. Not just a one time read, it's a reference you'll return to time and time again.

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