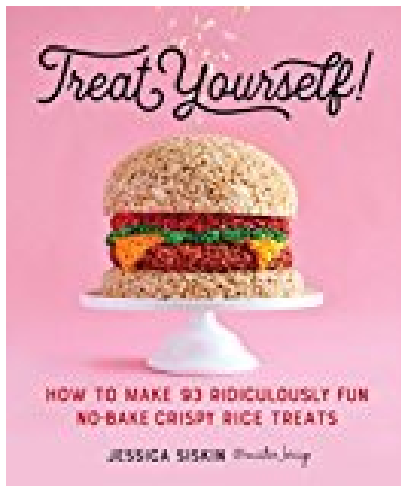


Treat Yourself! How to Make 93 Ridiculously Fun No-Bake Crispy Rice Treats



BOOK DETAILS

- Author : Jessica Siskin
- Pages : 304 Pages
- Publisher : Workman Publishing Company
- Language : English
- ISBN : 0761189807

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BOOK SYNOPSIS

Eliteness is about taking your body from where it is now-physically and mentally-and maximizing it in order to meet its potential. The purpose of this book, appropriately named Eliteness, is not to make every person a professional athlete (unless that is your goal) but rather to help people meet their own expectations and do what is necessary to become their best athlete and ultimately their best self. Most people innately have a perception of what it looks like to "live up to their potential" but what if there was a way to reach even further? What if there was a secret formula that could help maximize your expectations to meet your ultimate goals personally and professionally? What if there was a program based and emerging industry movement in which you could push your physical and mental limits to the max and break down barriers all in the name of reaching "eliteness"? In other words, eliteness is the act of breaking through your barriers and moving beyond the capacity you think you are capable of achieving. Eliteness is not a hierarchy or status but more about taking what the 1 percent of athletes do in their journey to becoming elite and integrating it into your life-the every day. Many of us have regular 9 to 5 jobs so we need simple strategies to becoming elite and living the "eliteness" lifestyle and if you follow these unique strategies outlined in this book you will do just that.

TREAT YOURSELF! HOW TO MAKE 93 RIDICULOUSLY FUN NO-BAKE

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