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*(Alec Veum)*

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Panoma Press Ltd. Paperback. Book Condition: New. Paperback. 154 pages. Dimensions: 7.8in. x 5.1in. x 0.3in. In this book, Jean-Pierre shows you how to make massive positive changes in your life. He believes that people will change their lives by reshaping their bodies and mindsets. The book focuses on providing you with three main benefits: changing your body (you will look dangerously in shape), addressing your mindset (you will definitely be more confident), motivating you to make and sustain the positive changes in your life. Jean-Pierre De Villiers, also known as the reshape coach, is a performance coach, muay thai fighter, author and speaker. He is passionate about reshaping people's experience of living by reshaping their psychology and physiology. JP uses his own story and life experiences to inspire people to make and sustain massive positive changes in their life. He consistently delivers results through personal performance coaching, speaking at seminars, his online products and through writing for various publications. After completely turning his life around and becoming very successful in his industry, his passion in life is now to inspire and motivate people to do the same and believe that you can make anything possible. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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