



School Yourself Into Shape: A Fascinating Guide into Quickly Improving Your Health, Physique and Way of Life

Mr. Kevin Bruce White

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School Yourself into Shape is a fascinating guide that will teach you how to quickly improve your health, physique, and way of life. In the title of the book, the word “S.C.H.O.O.L.” represents Structure, Consistency, Habits, Overcoming Obstacles, and Lifestyle. The author Kevin White created this acronym for readers to easily remember the key components needed to quickly get in shape, and preserving it. The book eliminates the over thinking involved in trying to get in shape, and replaces it with a simple formula for success. You will come to realize that there is a reason they’re called fad diets and workouts, and in most cases they produce temporary results, regardless of who has endorsed them. In addition, you’ll learn that it takes less than 2000 hours to get in shape and revitalize your spirit. That’s right 2000 hours! That equates to 83 days, or about twelve weeks to revive your body, mind, and way of life. Moreover, the book teaches you how easy it is to stay fit forever. So if you’re reading this, take a stroll over to the nearest mirror, look at yourself, and think of every possible reason why you want to improve your health, figure, and lifestyle. I don’t care if you think some of the reasons might be stupid, pointless, or even absurd, go write them down. If they came to mind while you were standing in front of that mirror, then to you, they must have some type of significance. Then write down all the things that you are accountable for in your life. Think hard, maybe it’s your spouse, children, job, or school. Once you’ve done that, find the consequences that you avoid by remaining accountable to these particulars. For example, not committing to your job could lead to unemployment, and not committing to your partner might lead to the single life. It’s these types of repercussions that raise awareness and accountability, and remind us that we might ultimately have to answer to our boss or partners. However, when it comes to being self-accountable for improving our fitness, so many of us fail because there is no one to answer to, except ourselves. Remember that you only have one body, and if you don’t take care of it, it will not take care of you. Also realize, if you don’t have your health, you don’t have anything. Make a pledge to yourself, make yourself accountable, buy and read every chapter of this book, and reap the benefits of a new you!

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