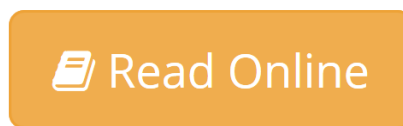


Master The Day: Eat, Move and Live Better With The Power of Daily Habits

By Alexander Heyne



Master The Day: Eat, Move and Live Better With The Power of Daily Habits By Alexander Heyne


You probably already know all the obvious health and weight loss tips... so why don't you have your dream body?


What one early reviewer has already said has, “transformed my life more than any other book I’ve read on the subject,” MASTER THE DAY is a different way to think about getting the health, body, and life you want - by changing tiny habits, no matter what diet you're on.

In MASTER THE DAY, you'll learn:

- The 9 daily success habits of people that lost over 100+ pounds in a healthy way, and kept it off years later
- The four horsemen of the health apocalypse - what simple, overlooked habits cause repetitive failure no matter how many diets we try
- Unlimited motivation - the willpower and discipline myth: How to be healthier with LESS discipline, and without all the “fitspiration” rah rah motivational junk.
- How NOT having weight loss goals can actually make you MORE successful - without the constant guilt, self hatred and frustration

Every month, over 170,000 readers visit Alexander Heyne’s website, Modernhealthmonk.com, to discover a different, more practical way to look and feel amazing (especially as a parent or busy professional), by using the power of tiny habits.

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Editorial Review

Review

"Your book WORKS. It's not just a health book. It's a HOW TO LIVE A LIFE YOU LOVE book! This book has changed all the rules. If you're currently reading a book about weight loss or a book about goal setting...PUT IT DOWN and read this book!"

-- George S., *Amazon Reviewer*

"This book has been a total game-changer for me. I can't tell you how many 'aha!' moments I had while reading it, how many times I was nodding my head in total agreement, and how many times I wished I'd had this book a decade ago to save me from years of the diet roller coaster."

-- Homeschool Mom, *Amazon Reviewer*

"Impactful, and for those of us on the diet merry-go-round... should be required reading. Do get this book, and change your mind."

-- Red, *Amazon Reviewer*

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From reader reviews:

Linda Yohe:

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