

The Charge Brendon Burchard Download

The Boomer's Ultimate Guide to Social Media Marketing
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are you a baby boomer business professional struggling to make sense of social media discover how to get in front of ideal prospects increase customer retention and loyalty and grow your business using social media you ll see that it s fun to use social media to build your business when you have the right guide showing you the way this book will show you which six social media websites you should be using what to say and how to say it to build a vibrant community that listens to you how to identify your ideal prospects and find them on social media sites how to create and deliver content effectively how to develop a social media marketing strategy including a personalized marketing action plan how to have fun on the journey while gaining mastery over the medium like a travel guide the book gives you a good overview of each social media destination important insider tips to make your stay more enjoyable and suggested itineraries to make travel easier as you become acclimated to the new environment finally the book includes step by step instructions on how to set up accounts with each social media destination when you re ready to begin your journey

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let chalene johnson turbocharge your habits your diet and your life with the updated enhanced edition of push that includes 18 exclusive videos of chalene discussing her trademark 30 day program plus motivational and organizational techniques with a brand new chapter push distills the wisdom that has made chalene a fitness queen a totally unique 30 day system that helps you reset your priorities get your life together and lose weight for good chalene gives you the life changing tools you need to change your habits with 30 days of practical steps that include pinpointing goals reverse engineering a course of action to achieve them and kicking the clutter whether that means junk food draining exercise regimens or toxic relationships in one month you will learn how to create layers of accountability and support so that success is your only option additionally chalene shares 30 ridiculously easy and delicious throw and go recipes that she a self confessed mess in the kitchen created herself she also guides you to find your soul mate workouts the exercises you ll love for life and that will never feel like work her bangin body workout gives you the 30 moves you need for total body fitness for life

fitness superstar chalene johnson creates a revolutionary 30 day system that will allow readers to transform their bodies their diets and their lives chalene johnson built a fitness empire from the ground up selling over 6 million dvds and helping legions of loyal fans shed pounds and transform their lives with her trademark enthusiasm and energy push chalene s first book ever distills the wisdom that has made her a fitness queen into a totally unique 30 day system that will help readers reset their priorities get their lives together and lose weight for good chalene gives readers the life changing tools they need to change their habits with 30 days of practical steps that include pinpointing goals reverse engineering a course of action to achieve them and kicking the clutter whether that means junk food draining exercise regimens or toxic relationships in one month readers will learn how to create layers of accountability and support so that success is their only option additionally chalene shares 30 ridiculously easy and delicious throw and go recipes that she a self confessed mess in the kitchen created herself and of course no book from chalene would be complete without a workout chalene guides readers to find their soul mate workouts the exercises they ll love for life and that will never feel like work finally she gives readers the bangin body workout the 30 moves they need for total body fitness for life

high performance habits how extraordinary people become that way by brendon burchard book

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