



Interior Fitness: Move Your Heart to Reshape Your Life and Your Body!

By MR Migdoel Miranda Jr

Diofitness, Inc, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Interior Fitness: Move Your Heart To Reshape Your Life AND Your Body! was written by world-class trainer and former professional athlete, Dio Miranda, to teach the role of the power of mindset as the inner edge of peak performance. The book introduces seven core concepts that are essential to good health and well-being via anecdotes, how-to tips, and stories of his own personal experiences. The style is no-nonsense with heart, and is ideal for anyone who desires to achieve a deeper interior understanding to boost them to a higher level of health and fitness.



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