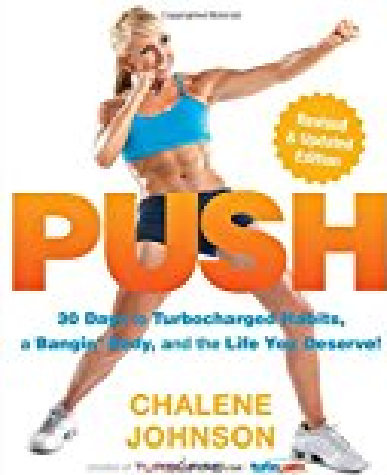


# **PUSH 30 Days to Turbocharged Habits a Bangin Body and the Life You Deserve!**

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## **BOOK DETAILS**

- Author : Chalene Johnson
- Pages : 320 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623368693

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## BOOK SYNOPSIS

Let Chalene Johnson turbocharge your habits, your diet, and your life with the updated edition of PUSH. With a brand new chapter, PUSH distills Charlene's hard-earned wisdom and expertise into a totally unique 30-day system that will help you reset your priorities, develop new habits, 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. PUSH also includes 30 ridiculously easy and delicious Throw-and-Go Recipes that Chalene (a self-confessed mess in the kitchen) created herself. And, of course, no book from Chalene is complete without her Bangin Body Workout: the key moves you need for total body fitness--for life!

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