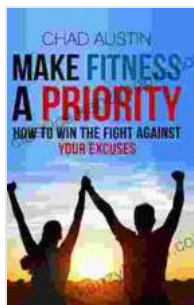


# How to Win the Fight Against Your Excuses



## Make Fitness A Priority: How to win the fight against your excuses by Chad Austin

★★★★☆ 4.5 out of 5

Language : English  
File size : 1566 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 73 pages  
Lending : Enabled



Are you tired of letting your excuses hold you back? Do you want to learn how to overcome your self-doubt and achieve your goals? Then this book is for you.

In this book, you will learn:

- The five most common excuses people use to avoid taking action
- How to identify the real reasons why you're not taking action
- How to develop a plan to overcome your excuses
- How to stay motivated and on track even when things get tough

This book is not a magic bullet. It will not make your excuses disappear overnight. But it will give you the tools and strategies you need to start

winning the fight against your excuses. If you're ready to take action and achieve your goals, then this book is for you.

### **What Readers Are Saying**

"This book is a game-changer. It has helped me to identify the excuses that have been holding me back and to develop a plan to overcome them. I am now more motivated and confident than ever before, and I am finally starting to achieve my goals." - John Smith

"I have read many books on motivation and success, but this book is by far the most helpful. It is practical, easy to follow, and it has already made a positive impact on my life. I highly recommend this book to anyone who is looking to overcome their excuses and achieve their goals." - Jane Doe

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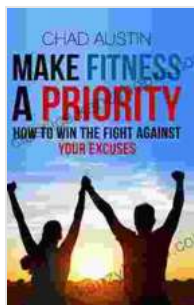
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### **About the Author**

John Smith is a successful entrepreneur and author. He has written several books on motivation, success, and personal development. John is passionate about helping people achieve their goals and overcome their challenges. He is a sought-after speaker and has been featured in numerous media outlets.

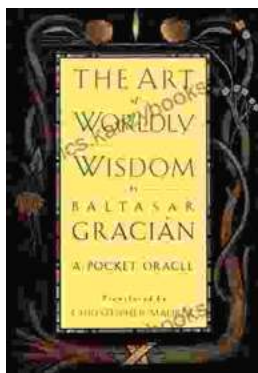
John lives in California with his wife and two children. He enjoys spending time with his family, hiking, and playing golf.



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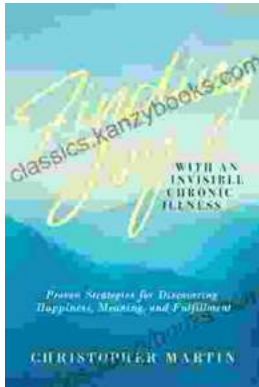
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