



MPOWER Your Life: Find and define your greatness - in muscle and mind

By Erin Elyse Stern

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In this book, we'll delve into the muscles, the meal planning, and into the mind. We'll start with the mind, as any great accomplishment must be materialized and visualized before it can be actualized. The external tools for success are here. The key factor is you. You hold within you, everything you need in order to excel. I want to share my secrets with you, but I want to also help you discover your own. Greatness exists within all of us, but it's up to each one of us to uncover it and polish it to a shine!

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