



Healthy Mind and Body Motivational Quotes: A fresh perspective to prepare you for your healthier life

Katharine Coggeshall

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Your frame of mind is the most powerful tool for changing your life. It's the thoughts we think, both positive and negative, that determine our happiness, success, and ultimately our health.

If you are ready to start living a healthier lifestyle, these quotes are your foundation for long-term success. Written by Katharine Coggeshall (a certified personal trainer and author), these 38 original quotes and affirmations are a compilation of what it takes to succeed not only in fitness but in life.

Focus areas include:

Kindness

Positivity

Self-Love

Self-Forgiveness

Realistic Expectations

Gain the insights of those who have succeeded in changing their lives, and take your first steps toward changing your own.

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