

## Your Time Is Now



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*Great eBook and useful one. it was actually writtern really completely and useful. You are going to like the way the article writer publish this publication.*

**(Prof. Ernestine Emard)**

## YOUR TIME IS NOW

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As a fitness professional and accomplished personal trainer, Josh "JB" Bowen has seen life from a different perspective than most. He serves as the owner of his own training studio, Aspire Fitness, but he is much more than a personal trainer. JB embeds himself into his client's lives, and he sees their struggles and accomplishments, their wins and losses. "Your Time is NOW" is a collection of JB's reflections written over a period of several weeks when his client and best friend lost her first-born son in utero. It is a book about coming back from life's harshness and unfairness and using your pain to fuel your joys. From "Failure Doesn't Exist" to "Stop Comparing Yourself"; to "The Art of the Comeback", JB will take you on a ride to better your thinking, sharpen your self-esteem and prepare you for whatever life may throw at you. One hundred percent of the proceeds from "Your Time is NOW" will be donated to Now I Lay Me Down to Sleep, a non-profit organization dedicated to photography for families who have experienced infant death as a way to memorialize their children.

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