



The Intrinsic Exerciser: Discovering the Joy of Exercise

Jay C. Kimiecik

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Too many of us exercise to lose weight and stay fit. Jay Kimiecik believes that focusing on those reasons make sticking with a fitness plan almost impossible. With full appreciation of the real problems people have with exercising, he writes that we must instead find personal pleasure in any physical activity we choose. Kimiecik's infectious enthusiasm and easy four-step plan will turn anyone into an intrinsic exerciser for life.

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