



Lose Your Quit: Achieving Success. One Step at a Time (Paperback)

By Danny Cahill

HARRISON HOUSE, United States, 2013. Paperback. Book Condition: New. 206 x 135 mm. Language: English . Brand New Book. In this motivational book by Danny Cahill, you will be inspired to achieve your goals and dreams. He offers practical steps that will help you to identify those things that hold you back from the very dreams that you wish to create. Danny takes you on a journey before and during his time on The Biggest Loser show. He lost 239 pounds and became the Biggest Loser EVER. While on the show, he discovered that the same basic steps he used on the show can help you find success in any area of your life. Whether you want to build a successful business, lose weight, or improve your relationships, the same principles to success apply. The only limits that you have are the ones that you place on yourself. So, Lose Your Quit and lose your limits!.



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