



# Energy Is Everything: Mindset, Nutrition and Exercise for the best version of you

*Mike MacDonald*

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**Energy Is Everything: Mindset, Nutrition and Exercise for the best version of you** Mike MacDonald

Energy Is Everything: Mindset, Nutrition & Exercise for the best version of you is a book aimed to help you look, feel and perform at your best. Rather than the tired old health messages you've heard a million times before, Mike MacDonald blends his own experience, lessons from working with real clients, and the latest scientific research to outline a path to your best self. 4 Important Insights You'll Learn: 1. Mindset: How the old model of motivation is flawed and what you really need to do to finally escape those stop-start cycles and create lasting change in how you look, feel and perform. 2. Nutrition: Not just what to eat, but how. How to cut through the confusion. How modern foods drive cravings. How to regain control over your eating behaviours and the surprising ways our environment shapes our food choices. 3. Exercise: Most people are doing it wrong ...or not at all! You'll learn why the conventional approach to weight loss always fails. You'll discover a new perspective of exercise and learn the most effective way to exercise for fat loss. 4. And then some: it's not just diet and exercise. You learn several forgotten ways to improve your sense of wellbeing and happiness, and will discover a clear path to having more energy in life: to look, feel and perform at your best. "Mike is inspirational and realistic, illustrating his approach with tales of success and lessons learned when things didn't go to plan. His book provides an excellent framework of simple strategies that can be applied to your lifestyle to improve your health, your mind-set and your body." Scott Baptie Director of Food For Fitness, Physique & Sports Nutrition Specialist, "I first met Mike MacDonald at one of my mentorships a few years back. What struck me about him was his positive energy, faith, attitude, and true desire to help people. In his new book, Energy Is Everything: Mindset, Nutrition & Exercise for the best version of you, Mike does an extraordinary job educating, motivating, and inspiring you to improve your overall health & fitness. This book is a gem that is going to truly help you live your best life. It will undoubtedly improve your health & fitness and "Get your mind right." Todd Durkin, MA, CSCS, Owner, Fitness Quest 10 (San Diego, CA), Author, The IMPACT! Body Plan Lead Training Advisor, Under Armour "This book makes accessible much of the academic literature on key areas of importance for active people. Written in an easy-going manner, and enriched with thought-provoking quotations from a wide literature, Mike MacDonald has brought us much more than the three themes of mind, nutrition and movement. Rather he has braided them into a strong cord which powers a lifestyle approach, which exceeds the sum of its parts. Accepting his thesis for enhancing performance, the reader can expect a range of long term dividends across a wider health domain, beyond the vanity of appearance and the preoccupation with body weight." Dr Arthur Stewart Institute of Health and Welfare Research Robert Gordon University "Mike hits the nail on the head with "Energy Is Everything" - consistently I see the common denominator of those people that succeed in dropping weight, completing marathons or generally achieving their goals is the energy they bring to the table. To have that energy we must both be mindful in our approach to health and wellbeing but also cut ourselves some slack from time to time - being miserable because you ate a chocolate bar last night is not going to help anyone! Life is for living and energy really is everything - this book provides some great tips and advice on exercise, nutrition and wellbeing from a holistic point of view. This easy to read book is a must for anyone looking to be healthy and happy." Louise Kochalski Owner and Director of Training The Health and Human Performance Centre

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