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Filament Publishing. Paperback. Book Condition: new. BRAND NEW, Move it or Lose it!, Adam Strong, Many successful executives focus on creating wealth but have to spend that wealth to regain their health. Do you sabotage your happiness and success? Are you struggling to stay engaged and productive all the time? Is your hectic and busy lifestyle beginning to affect your physical and mental health? Are you losing your competitive edge? 'Move it or Lose It' will help you to: deal...

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- Authored by Adam Strong
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