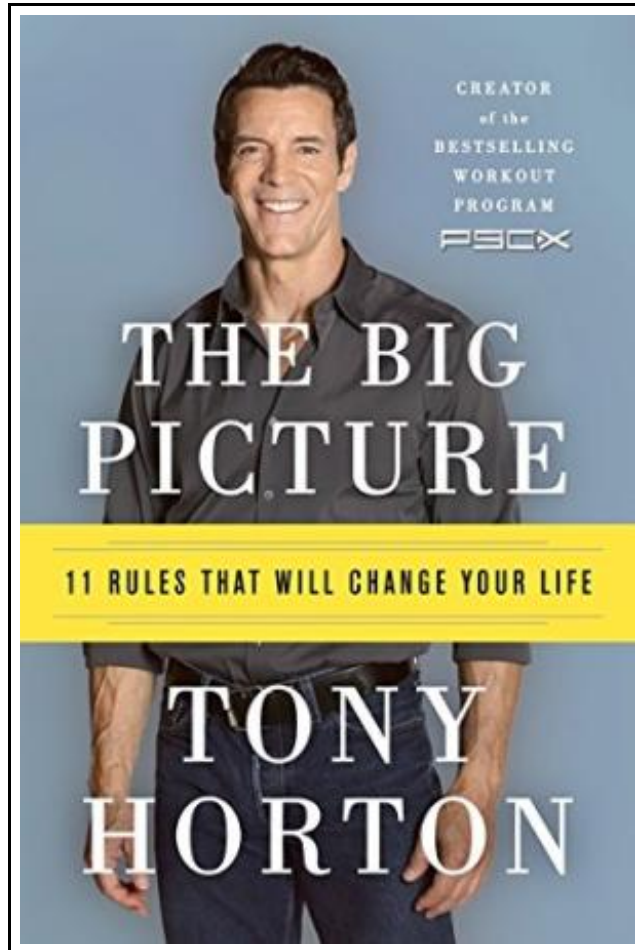


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THE BIG PICTURE: 11 LAWS THAT WILL CHANGE YOUR LIFE



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HarperCollins Publishers Inc. Hardback. Book Condition: new. BRAND NEW, The Big Picture: 11 Laws That Will Change Your Life, Tony Horton, Part Tony Robbins, part Mehmet Oz, here is fitness guru and creator of P90X Tony Horton's wake-up call for readers-a motivational and practical guide to creating a better life and a healthier body. One of America's best-known and most-loved fitness gurus, "master of motivation" Tony Horton shares his philosophy that will help you live your best life. In his first non-workout book, he offers 11 Rules that provide a clear path and purpose for achieving life goals and obtaining optimal health. Written with his trademark irreverence, candor, and take-no-prisoners approach, The Big Picture shows you how your physical health is intricately linked to your mental, financial, and family health, and overall happiness and contentment-and how the same skills and principles that work in the gym work in every area of life. Tony shares stories of the hard-won battles he's faced-many of the same life challenges experienced by his fans-from childhood bullies and problems at school, to financial troubles and being overweight. Enlightening and practical, The Big Picture can help you how to slim down, feel good, and live better.



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