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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Setting Body Perfect Fitness Goals for the New Year

By Robert Adams

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Goal Setting 101

Well I have a secret!!!

Life and success in your fitness and health goals, begins and ends with a between the ears process.

Yes, your MIND!!!

So this is what defines S.M.A.R.T Goals.

Body Perfect Fitness

– The most comprehensive fitness and health resource online, dedicated to

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A– Acceptable– Does it make sense?

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Goal Setting the SMART Way

The Kaizen of Goal Setting

How to choose the right goals to focus on.

Reaching Your Dreams Part 1 – Goal Setting

101 tips to stay fit and live longer.

Success Secrets

One Million a Year

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