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SPORTING THE RIGHT ATTITUDE: MOTIVATIONAL FITNESS LOG (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This exercise log book incorporates motivational principles and quotes to keep you inspired and encouraged to get and stay in shape. The log book was inspired by the author, a former Four-Sport star athlete, who reinvented himself with motivational and sports principles after a tragic car accident stole his career. He learned that the right attitude can bring success. A portion...

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- Authored by Walter Howard Jackson
- Released at 2016



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