

Chicken Soup for the Soul: Shaping the New You: 101 Encouraging Stories about Dieting and Fitness...and Finding What Works for You



There's nothing better than hearing the success stories of other people. Listen to what worked for them and what didn't. You'll find your own path to success in these 101 stories about getting fit and shaping the right body for you. Listen to Richard Simmons' own story and also hear inspirational stories about: getting started, regaining control, finding the right exercise for you, learning to like yourself and your body, finding the right magic foods for you, having an accountability partner, conquering the gym, and dozens of great ideas you can use.

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