

(Mobile book) Workout and Grow Rich: Healthy Habits to Fuel Your Best Success

# Workout and Grow Rich: Healthy Habits to Fuel Your Best Success

*Perry Lieber*


*\*Download PDF / ePub / DOC / audiobook / ebooks*


Connecting the Dots Between  
HEALTH and WEALTH

# WORKOUT & GROW RICH

Foreword By  
**ANDY PUZDER**  
*CEO of Carl's Jr.  
and Hardee's*

PERRY LIEBER

 Download

 Read Online

#755861 in eBooks 2016-07-26 2016-07-26 File Name: B01HXWN4DW | File size: 23.Mb

**Perry Lieber : Workout and Grow Rich: Healthy Habits to Fuel Your Best Success** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Workout and Grow Rich: Healthy Habits to Fuel Your Best Success:

0 of 0 people found the following review helpful. A great guide for the high school graduateBy Northwest readerI am not normally drawn to self - help books, but this one piqued my interest. The "rich" in the title refers not specifically to financial success, but to a full , balanced and healthy life. The highly successful subjects who offer their thoughts on how their personal journeys took shape, provide a wide variety of insights on how to live a life of intent,

focus and discipline. Their stories and their advice are engaging and helpful. There are practical tips and programs for diet and exercise as well. This is not a "one size fits all" philosophy. The author has instead put together a very organized instructional manual for creating your own road map for living. A great guide for the high school graduate, the college senior, the newly retired, or just about anyone in transition... or even better, anyone stuck in a place without structure or meaning... Highly recommend it.

0 of 0 people found the following review helpful. A Proliferation of Wellness By Joseph Lewis Great book. The message is achievable, applicable, and inspiring for all lifestyles. I will be referring back to this book in the future for its engaging conversations from wealth-builders, the digestible tips for success, and the nutrition/fitness guides. Highly recommend.

2 of 2 people found the following review helpful. AMAZING BOOK! Super inspirational and great insight By Lauren AMAZING BOOK! Super inspirational and great insight! A must read for everyone!

Most of us know that we need to work out to be healthier and live longer lives, but did we know that our success at work depends on it? Elite personal trainer and workplace wellness expert Perry Lieber knows it, but he doesn't want you to take his word for it. In *Work Out and Grow Rich*, interviews with his most successful clients (such as Greg Renker, founder of Guthy-Renker, and Mark Bissell, CEO of Bissell) reveal the habits that helped them become rich in every meaningful sense of the word—and how you can too.

About the Author Elite personal trainer Perry Lieber is a proven expert in bringing wellness to the workplace and fueling peak performance at the highest level. He is the founder and president of Foundwellness: The Workplace Workout, which helps businesses create healthy work cultures, and the elite training facility The Workplace in Santa Barbara. His clients have included professional athletes such as Al Horford of the Atlanta Hawks, Kyle Singler of the Detroit Pistons, Fab Melo of the Boston Celtics, celebrities such as Glenn Frey, lead singer of the Eagles, and corporate executives such as Greg Renker (Founder, Guthy-Renker) and Mark Bissell (CEO, Bissell).