

# Machiel Kennedy, M.D.

*Author of - Living Lean: Your Guide to Successful Weight Loss*

## Ten Commitments to be Forever Fit

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"Finally! Here is an easy-to-use book on how to change your lifestyle and lose weight. Dr. Kennedy has managed to make weight loss painless, simple, and understandable. I highly recommend this book to those desiring a simple strategy for losing weight in a format that is compact, fun yet scientifically sound."

—Lucinda D. Holden, MD, MPH, MBA

Executive Past Chairman, American Board of Holistic Medicine

# Ten Commitments To Be Forever Fit

**Carol A. Chetkovich, Frances  
Kunreuther**



## **Ten Commitments To Be Forever Fit:**

*Ten Commitments to Be Forever Fit* Machiel N. Kennedy, 2005 This book takes a holistic approach to weight loss and health that begins by focusing on the whole inner you Dr Kennedy invites you to see yourself as a whole person physically emotionally mentally and spiritually and to make an inner commitment to help and well being Take charge of your life set reasonable goals stay motivated be accountable for your actions eat healthy foods in moderation get plenty of physical activity and exercise avoid junk food attend to your spiritual growth get enough sleep breathe deeply relax have fun and stay true to your goal to be forever fit

**Ten Commitments to Mental Fitness** Vicki Berkus C.E.D.S., Vicki Berkus, 2005 Ten Commitments to Mental Fitness can improve your mental fitness by helping you understand some of the same principles that can be learned in psychotherapy Experts have provided an abundance of information about how to attain physical fitness and most of us already know how to eat healthy foods exercise and stop smoking and drinking However many people do not know how to improve their mental fitness Ten Commitments to Mental Fitness provides answers and will empower readers Learn how to identify and keep behaviors that makes sense and let go of behaviors that do not These commitments are putting yourself first taking responsibility for your feelings setting priorities and being honest with yourself The author challenges you to ask some very direct questions that can only be answered by looking inward After assessing where you are in the present you can move forward with changes that will improve your life The Commitments also ask you to examine your relationships because good mental fitness includes cultivating relationships with people who honor interpersonal boundaries

*The 49 Steps to a Bright Life* Phil Murray, 1996 This world is not made from atoms It is built with stories Phil writes that detection of an individual's fundamental purpose or story is the only valid aim we should have in mind when dealing with personal development

*Becoming Celestial Soul Mates: 10 Golden Rules for a Richer Relationship* Trafford R. Cole, 2023-04-24 Do you want more from your marriage Would you like to have a communion of souls with your spouse Celestial Soul Mates 10 Golden Rules for a Richer Relationship will help you become soul mates with your spouse Combining psychological theory the scriptures and personal experiences author Trafford Cole illustrates how two people can become personally involved in their marriage and increase in harmony love and friendship

**Fit After 40** Don Nava, 2010-05-17 Turn a midlife crisis into an opportunity with this inspiring guide to getting and staying healthy and vital in mind body and soul It may not always strike on that milestone birthday but there comes a time in life when you start getting that nagging awareness You're not getting any younger Instead of sinking into the sofa in despair or trying to learn the latest slang take this chance to look feel and live better In this book professional fitness coach Don Nava presents a fun and unique program that enables every person to achieve a totally fit life With the three unique components of this program The Team of 3 Dictums and the Ten Week Cycles of active follow through you'll discover a powerful combination that will help you achieve and sustain wholeness physically mentally and spiritually Also included is a chapter on issues unique to women over forty

Chris Imbo's Peak 10 Fitness Chris Imbo, Sally Imbo, Donna Raskin, 1996 Chris Imbo who was named the best personal trainer by New York magazine has transformed the bodies of hundreds of clients including Elle MacPherson and William Baldwin Now for the first time in print he presents his acclaimed personal fitness program the soundest most effective fat burning muscle toning program possible **Weight No Longer: The Prescription for Amazing Fitness & Living** Philip Caravella, M.D., 2015-05-18 Americans continue to be crippled by obesity and Type 2 diabetes and the epidemics are destroying lives the insurance industry and the entire health care system Philip Caravella M D who has practiced family medicine for more than forty years seeks to reverse the trend by providing easy to follow principles that can help resolve serious health problems While previous books have focused on diet obesity and fitness they've failed to hit on the secrets to success in this life changing book Learn how to separate misinformation from information you can use grasp the full implications of health risks linked to obesity maintain a healthy diet that promotes overall health help children and other loved ones develop good habits *The Complete Idiot's Guide to the Pilates Method* Karon Karter, 2000-12-11 This book teaches the basics of the Pilates method of fitness a whole body workout that strengthens the abs and back and straightens the posture Practiced worldwide by dance companies physical therapists and health clubs the method is especially good for pregnant women for people who have special fitness needs because of chronic back pain joint stress or obesity and for anyone wishing to prevent osteoporosis **Awaken the Diet Within** Julia Griggs Havey, 2009-05-30 Julia Griggs Havey who lost 130 pounds and went on to become a beauty queen shares the secrets to losing weight and keeping it off forever Topping the scale at 290 pounds Julia Griggs Havey resigned herself to a matronly figure and plus size clothes But when she read the anonymous note informing her that her husband was having an affair Julia realized it was time to take control of her life Her mantra became self improvement through self motivation and she began by taking off the weight more than 130 pounds and divorcing her wandering husband Now Julia shares the weightloss secrets that have already helped thousands From her nine level Road Map to Weight Loss to more than 130 delicious recipes nutritional advice and fitness tips readers will discover how easy it is to achieve success Julia's inspirational outlook will motivate and encourage millions of women to awaken the diet within and begin their transformation today The Blood Sugar Solution 10-Day Detox Diet Dr. Mark Hyman, 2014-02-25 Dr Hyman's revolutionary weight loss program based on the 1 New York Times bestseller *The Blood Sugar Solution* supercharged for immediate results The key to losing weight and keeping it off is maintaining low insulin levels Based on Dr Hyman's groundbreaking Blood Sugar Solution program *The Blood Sugar Solution 10 Day Detox Diet* presents strategies for reducing insulin levels and producing fast and sustained weight loss Dr Hyman explains how to activate your natural ability to burn fat especially belly fat reduce inflammation reprogram your metabolism shut off your fat storing genes debug your digestive system create effortless appetite control and soothe the stress to shed the pounds With practical tools designed to achieve optimum wellness including meal plans recipes and shopping lists as well as step by step

easy to follow advice on green living supplements medication exercise and more The Blood Sugar Solution 10 Day Detox Diet is the fastest way to lose weight prevent disease and feel your best      **Selfless Love** Ellen Jikai Birx,2014-04-01 Selfless Love shows how meditation can help us realize that we don't love we are love Gentle elegant and radically inspiring Selfless Love presents a holistic experiential meditative path that enables us to see beyond our preconceived notions of identity spirituality and humanity Drawing equally from Zen parables her experience as a mental health therapist and the Gospels Ellen Birx shows us that through meditation we can recognize that our true selves are not selves at all that all beings are united in unbounded infinite awareness and love beyond words Recognizing the limitations of language in describing the indescribable Birx concludes each chapter in the Zen tradition of turning words with a verse meant to invite insights

**Radical Marriage** David Steele,Darlene Steele,2014-10-15 Radical Marriage provides clear ideas easy strategies to follow and a radical new paradigm for creating the relationship of your dreams Harville Hendrix Ph D and Helen LaKelly Hunt Ph D Co authors of Making Marriage Simple Radical Marriage is an accessible and clear description of the steps for relationship success with many easy to follow strategies for making life and love better Don Ferguson Ph D author of Reptiles in Love and The Couples Manual Radical Marriage is for couples in good marriages who envision something wonderful for their future together The Steeles have given us a manifesto and road map for marriage as a more perfect union William J Doherty Ph D Professor of Family Social Science University of Minnesota author of Take Back Your Marriage Sticking Together in a World That Pulls Us Apart Is your marriage where you want it to be This book will challenge you to take it to the next level beyond where you ever thought it could be Your marriage can be more wonderfully more extraordinarily more radically more Greg and Priscilla Hunt BetterMarriages.org What kind of marriage do you want Most couples don't want an ordinary boring routine relationship They want excitement fun closeness love Marriage is an ancient institution rich with traditions and customs As appealing as that may be in today's modern culture we want to forge our own path We need security but we also need excitement and adventure Radical Marriage is a model for the next evolution of marriage and is new territory for committed relationships Our marriage can be the greatest adventure of our life It can be the vehicle for experiencing the excitement and fulfillment we've always wanted We can only get so far on our own To get the rest of the way we need a committed partner Radical Marriage promotes a much needed paradigm shift from the perception of marriage as being old fashioned obsolete and with a high likelihood of failure to a platform for the greatest adventure of our life Radical Marriage is for couples with a good relationship who strongly believe that they are together for a reason which is to experience life to the fullest through their relationship This book provides solid guidance and strategies for creating a Radical Marriage including Radical Commitment Chapter 2 Radical Communication Chapters 3-6 Radical Intimacy Chapter 7 Radical Romance Chapter 8 Radical Sex Chapter 9 Radical Living Chapter 10 Radical Marriage will open your eyes rock your world and change your reality about marriage      **The Cheerleader Fitness Plan** Lindsay Brin,2009-12-29 Get the body you

ve always wanted in six weeks Cheerleaders are the ultimate symbol of youth beauty strength and sex appeal what woman wouldn't want to look like one Get the body of your dreams no gimmicks no starvation and no props Former NFL cheerleader and fitness expert Lindsay Brin has been helping women achieve healthier minds and bodies for over fifteen years Using her comprehensive six week plan any woman can achieve their ideal weight whether it's a busy mother of three eager to get her body back a twenty something woman just getting started on a fitness program or an avid exerciser interested in trying something new Loaded with valuable tips and tools to keep you looking and feeling great An effective combination of strength training yoga and cardio Custom twenty five minute workouts perfect for women on the go Nutrition advice to help you manage your metabolism Beauty tips and advice from other NFL cheerleaders

*But What Comes After?* Ruth Leon, 2011-06-16 Ruth Leon was married to Sheridan Morley theatre critic broadcaster and Britain's pre eminent arts journalist He'd suffered from bouts of depression all his life but suddenly after a mild stroke his usual treatments stopped working He sat crying his chin pressed down into his chest all day every day Ruth looked after him sometimes gracefully and sympathetically often angrily and tensely Also an arts journalist for two years she did her own freelance work as well as his She no longer recognised her husband but she could be him One day a consultant in Oxford said he thought they'd been treating the wrong kind of depression that the stroke had damaged the emotional centre of Sheridan's brain He knew of a procedure that might help but it had never before been performed in the UK It was an outlandish fantastical idea an implant would be put in Sheridan's brain that would allow doctors to adjust his mood with an electronic remote control They would be tampering with the very core of what made Sheridan Sheridan On behalf of her long absent husband Ruth agreed Ruth Leon's account of this unique journey to the heart of what it is to be human is as honest and moving as it is fascinating and challenging

**Commitment** Didier Drogba, 2015-11-19 The story of one of the most recognisable and successful players in world football Didier Drogba is renowned for his heading ability sharp shooting and sheer strength He has played for his native Ivory Coast and for clubs in France China and Turkey but it is as a Chelsea striker that he is best known His feats with Chelsea have made him a cult hero among supporters In Didier Drogba's honest and revealing autobiography he will talk about life as an immigrant in Paris the importance of his education and how finding success later than most professional footballers has kept him grounded In 2012 Didier was voted Chelsea's greatest ever player He talks from a privileged behind the scenes position about tactics and how he felt mentally and physically as well as anecdotes from the dressing room Didier provides unique insight into important and controversial matches from the first trophy he won with them in 2005 to the Premier League title a decade later as well as what persuaded him to stay when he was at his lowest ebb Away from football Drogba has been widely applauded for his involvement in trying to broker peace in the Ivorian civil war he is a UN Goodwill Ambassador and does a huge amount of work with the Didier Drogba Foundation Time magazine named him one of the world's 100 most influential people Go behind the scenes at Stamford Bridge and find out about life on and off the field for this

humble Chelsea hero      **A Heart for the Community** John Dr. Fuder, Noel Castellanos, 2012-03-21 Islam gentrification AIDS and multiculturalism Where do we face these realities A few years ago it was in the city But today many city dwellers are moving to the suburbs either by choice or because of circumstances beyond their control And this shift is changing both the urban and suburban landscape With this shift in mind editors John Fuder and Noel Castellanos have gathered together a team of experts to help you minister effectively in both the urban and suburban context Divided into four sections Critical Issues Church Planting Models Ministering to Suburban Needs and Para Church Ministries A Heart for the Community is a rich resource designed to help you do ministry today      *PUSH (Enhanced Edition)* Chalene Johnson, 2017-01-03 Let Chalene Johnson turbocharge your habits your diet and your life with the updated enhanced edition of PUSH that includes 18 exclusive videos of Chalene discussing her trademark 30 day program plus motivational and organizational techniques With a brand new chapter PUSH distills the wisdom that has made Chalene a fitness queen a totally unique 30 day system that helps you reset your priorities get your life together and lose weight for good Chalene gives you the life changing tools you need to change your habits with 30 days of practical steps that include pinpointing goals reverse engineering a course of action to achieve them and kicking the clutter whether that means junk food draining exercise regimens or toxic relationships In one month you will learn how to create layers of accountability and support so that success is your only option Additionally Chalene shares 30 ridiculously easy and delicious Throw and Go Recipes that she a self confessed mess in the kitchen created herself She also guides you to find your soul mate workouts the exercises you ll love for life and that will never feel like work Her Bangin Body Workout gives you the 30 moves you need for total body fitness for life      From the Ground Up Carol A. Chetkovich, Frances Kunreuther, 2006 Grassroots social change organizations are a critical resource for progressive movement building in the United States They provide political education and sites for constituent engagement and they are beginning to create networks across issues and or communities they promote home grown leadership among groups that have been disadvantaged they contribute to a shared understanding of the problems of inequality and injustice and they offer a public space for the dialogue needed to identify common principles From the Ground Up From community organizing for affordable housing in neglected neighborhoods to providing antiviolence training for youth or litigating for the rights of sex workers grassroots organizations are engaged in energetic efforts to increase the power of marginalized groups Social change organizations operate in communities all over the United States but little has been written about the details of their operations From the Ground Up takes a close look at how social change organizations address challenges related to leadership staff development decision making resource needs and collaborations Carol Chetkovich and Frances Kunreuther both experienced nonprofit managers draw on their in depth interviews with leaders and staff members from sixteen diverse social change organizations to provide a detailed analysis of these groups and their activities They note that even working in isolation these organizations make important contributions to justice in their communities together they might form the base

of a larger progressive movement for change      **The EveryGirl's Guide to Diet and Fitness** Maria Menounos, 2014-06-03  
 NEW YORK TIMES BESTSELLER From Maria Menounos self proclaimed EveryGirl and host of E News comes a lasting weight loss program based on the Mediterranean diet of her childhood that will encourage women to think smarter simpler healthier a personal mantra that helped the star lose and keep off forty pounds TV host and journalist Maria Menounos was once more than forty pounds overweight low on energy and often sick Desperate for a change she tried a wide array of diet and exercise fads with zero success Like most EveryGirl out there Maria lacked the time money energy and willpower to get in shape Determined to overcome those obstacles Maria spent a year developing commonsense diet exercise and lifestyle techniques that transcended traditional nutrition and weight loss plans As a result she lost the extra pounds regained her energy and health and saw her career take off Now applying those techniques and bolstered by the wisdom insight and secrets of some of the world s leading health and fitness experts as well as the glamorous superfit superstars she interviews regularly Maria has created the ultimate no time no money no willpower guide to losing weight getting fit and gaining long term health and success The EveryGirl s Guide to Diet and Fitness Inside you ll discover all of Maria s secrets her 9 step plan for losing weight fast her lifelong plan for health and well being a complete blueprint for rebuilding your physical and emotional foundation healthy delicious and easy to prepare recipes the quickest easiest most effective workouts no gym or trainer required 1 000 tips tricks and techniques for losing weight getting fit and staying that way how to do it all when time and money are in short supply The EveryGirl s Guide to Diet and Fitness is simply the most complete effective and convenient manual for all the EveryGirls out there who lack the time money or willpower to change It s not merely a weight loss book It s a guide to help you get fit feel healthy be productive and embark on a longer happier healthier life Praise for The EveryGirl s Guide to Diet and Fitness With so many diets and fitness trends out there sometimes the most obvious route to wellness is good old fashioned common sense Maria Menounos lost forty pounds on a common sense diet exercise and lifestyle regime she created that doesn t require a lot of money and time StyleBistro When you look at Maria you want what she s having This book tells you how to get it Suzanne Somers I love Maria s approach to health and fitness Her tips are easy to follow and she proves you don t have to avoid some of your favorite foods in order to be fit I recommend this book to anyone trying to get a jumpstart on a healthy lifestyle Serena Williams For the multitasking busy girl Maria proves by example that it can be done Maria is very inspiring Kim Kardashian It s not about being skinny Maria shows you how to live a happy and healthy life and still indulge This book finds new ways to help you stay inspired and gives you techniques that will change your life and get you in shape Khlo Kardashian      **The Wisdom Background and Parabolic Implications of Isaiah 6:9-10 in the Synoptics** Donald E. Hartley, 2006 The Wisdom Background and Parabolic Implications of Isaiah 6 9 10 in the Synoptics seeks to understand the divine act of fattening in Isaiah 6 9 10 and how it shapes one s understanding of parables in the Synoptic Gospels The author approaches the topic from within a wisdom matrix and lays an historical exegetical foundation



for understanding these and other critical passages in the New Testament Readers will follow the Isaian text through varied traditions revealing a marvelous unity in terms of the divine action and the human condition College and seminary courses focusing on hermeneutics wisdom outside the wisdom corpus and the Synoptic Gospels will find this book innovative challenging and provocative

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