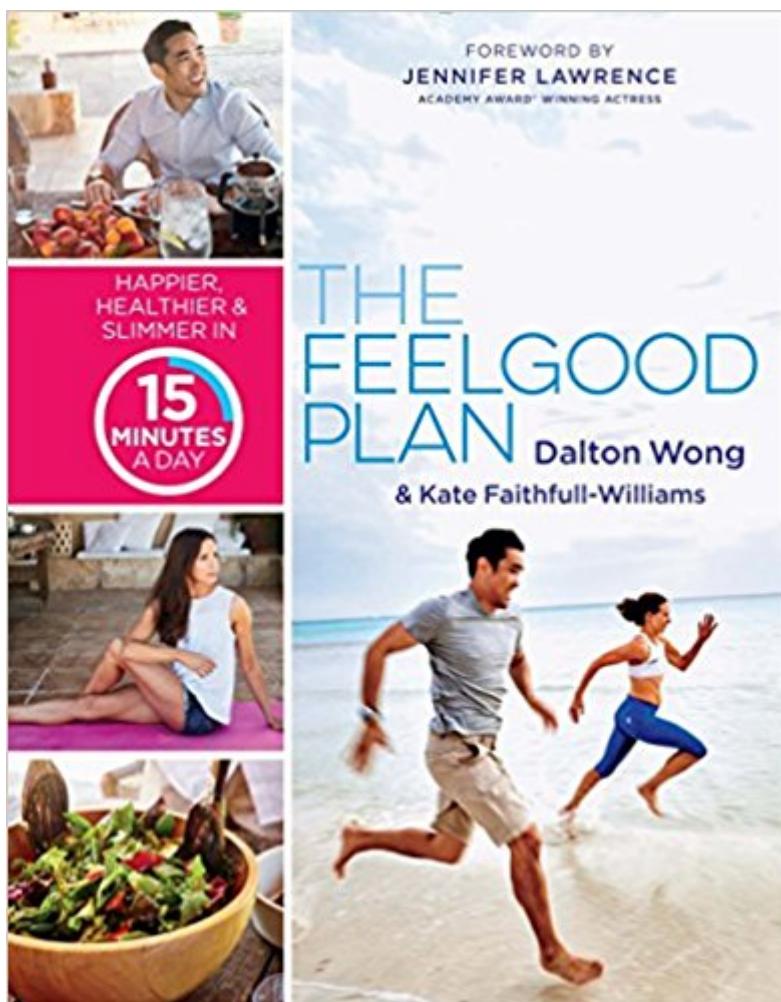


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# The Feelgood Plan: Happier, Healthier & Slimmer In 15 Minutes A Day



## Synopsis

âœHe changed my body for a movie, but gave me the skills to change my life. Dalton is different to other trainers because he understands what my body needsâœhow to exercise, when to unwind, how to enjoy food.â Iâ™m so happy heâ™s written a book with such a wonderful message.â •

âœJennifer Lawrence âœ Celebrity trainer Dalton Wong and health writer Kate Faithfull-Williams have a powerful message to share: in just 15 minutes a day you can change your body and mind for life. The Feelgood Planâ is packed with positive ideas, practical advice, and interactive quizzes. It helps you tune in to what really makes your body feel great, from quick and effective do-anywhere workouts to healthier versions of your favorite foods. Whenever you feel tired or stressed, this wonderfully fresh approach to achieving good health will get you back on trackâœand make you look and feel younger. Thereâ™s even a 12-week plan for putting all your healthy intentions into action! â Jennifer Lawrenceâ will contribute a foreword.

## Book Information

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## Customer Reviews

Celebrity Praise for Dalton Wong and Kate Faithfull-Williams: âœDalton is the person I turn to, he gets me in shape for Game of Thrones and my films. âœHe is the only personal trainer who understands what my body needs when it comes to exerciseâœ and eating well.â • âœKit Harington âœI worked with Dalton in London while I was shooting Les Miserables andâœ I love his philosophy of living well. He is the best atâœ pushing me to my limit yet making itâœ enjoyable,âœ sustainable, and fun.â •âœAmanda Seyfried âœ

Dalton Wong is one of the worldâ™s leading personal trainers.Â His clients include the cast ofÂ X-Men, Kit Harington and stars fromÂ Game of Thrones, Amanda Seyfried, Zoe Kravitz, and many others.Â Kate Faithfull-Williams is a top health and fitness writer. Her work has been published in the Sunday Times,Â the Observer,Â the Daily Mail,Â and national womenâ™s magazines.

Amazing read, changes your outlook on life!

Great book, I'm going slow, but it has struck my interest ... hope I can loose a few pounds, while having fun! Bought one for my daughter too! She's getting into it!

Too involved and lots of instructions, groceries, etc.

Real common sense. No "religious" mumbo jumbo. I did find what I needed and I am applying it. It works.

This book has is a great perspective and not overwhelming way to get right FOR YOURSELF,

I have been into doing Insanity and T25 and it comes with the meal plans. It didn't work out as much as I would have liked - the meal plans felt like torture! What this book adds is the food side of things and our eating habits. I particularly liked the fun facts about exercise. Also, helps a lot to know your favourite stars have been trained by Dalton Wong! Good enough for J Law and Kit Harrington, good enough for me!

I started reading already, but didn't finished yet. It an interesting book.

Oh my! I usually just skim books but I find myself reading every page. It has helped dealing with my stress and why I eat more when I'm bored. Great book!

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