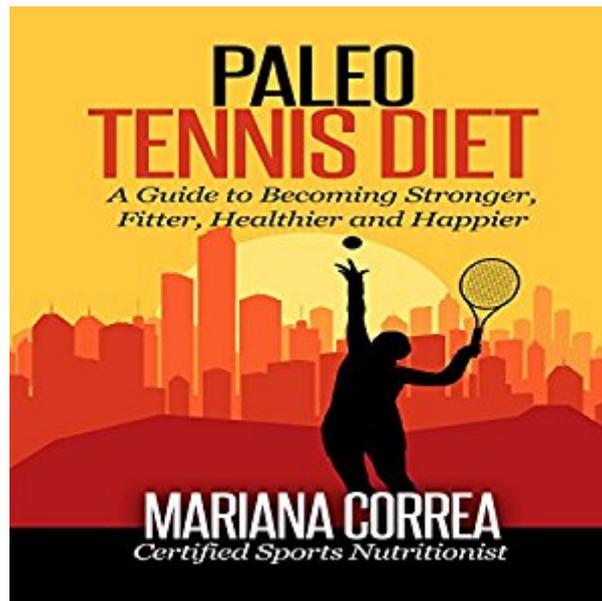


The book was found

Paleo Tennis Diet: A Guide To Becoming Stronger, Fitter, Healthier And Happier



Synopsis

Paleo Tennis Diet is the best and most complete audiobook out there for any tennis player who is looking for better performance through nutrition. With the perfect combination of knowledge, recipes, and unique meal plans, you will be on the road to success. The author, Mariana Correa, is a former professional tennis player and certified sports nutritionist who competed successfully all over the world. She shares years of experience both as an athlete and a coach, bringing a priceless perspective. Look at how much Djokovic has improved with his new lifestyle. You can improve too! Win more three-set matches, close out those tough tie breakers and feel faster, stronger, and hit the ball better on the court. After listening to this audiobook, you will be on your way to becoming the ultimate performance machine. A year from now, you will be wishing you had embarked in this journey today. Change takes time and sometimes, it's not easy to see that transformation taking place on a day-to-day basis. But when you look back in time, all those small improvements will add up to something amazing. Get started today - your future self will thank you.

Book Information

Audible Audio Edition

Listening Length: 2 hours and 8 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Marzpan Inc.

Audible.com Release Date: September 25, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B015T3QKSS

Best Sellers Rank: #553 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

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