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How To Eat Move And

How to Eat, Move, and Be Healthy! : Your Personalized 4-Step Guide to Looking and Feeling Great from the Inside Out (Paperback)--by Paul Chek [2004 Edition] Paul Chek. 5.0 out of 5 stars 1. Paperback. 11 offers from \$44.70. Awesome Abs: The Gut Busting Selection for Men & Women by Chek, Paul(December 1, 1997) Paperback

**How to Eat, Move and Be Healthy!: Paul Chek: 8601200638714 ...**  
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NOTE: The following is the first chapter from Paul Chek’s book How to Eat, Move and Be Healthy! IF EINSTEIN WERE YOUR DOCTOR. As you patiently sit in the lobby your gaze drifts to the mirror on the wall adjacent to the magazine rack. You see a vague resemblance of a youthful you and wonder if anyone would recognize you at a high school reunion.

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Click here for the full written transcript of this podcast episode. When I was a fledgling fitness professional, one of the first books I ever read was “How To Eat, Move & Be Healthy“, by Paul Chek. So it was a bit of a surreal experience to get to knock on Paul's front door a few weeks ago and join he and his family for an epic weekend of conversation, workouts, nature immersion, Paul's ...

**The Paul Chek Podcast: How To Eat, Move & Be Healthy.**  
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