

# [PDF] Unlimited: How To Build An Exceptional Life

**Jillian Michaels - pdf download free book**

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**Books Details:**

Title: Unlimited: How to Build an Ex

Author: Jillian Michaels

Released: 2011-04-05

Language:

Pages: 272

ISBN: 0307588300

ISBN13: 978-0307588302

ASIN: 0307588300



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## **Description:**

### **Guest Reviewer: Rita Wilson on Unlimited**

**Rita Wilson** is an actress, producer, writer and lover of life. She has appeared in numerous films and television shows, produced the most successful independent movie , is a contributing editor to Harper's Bazaar magazine, has appeared on The Oprah Show discussing fashion and style, and is writing her first screenplay for Fox called Terms of Embarrassment. She is married, has two sons and is thankful for every day of her life.

We all know how to lose weight. There is no mystery. Eat less. Exercise more. Sounds simple enough, right? What about losing the habits that keep you locked into a mindset that doesn't work for you anymore? Simple, yes. Easy, not so much. Jillian Michaels' Unlimited helps one lose the

excess baggage that one carries while trying to live a full life, a life that uses one's God given gifts. Unlimited gives you the tools to accomplish letting go of bad habits, unsuccessful mindsets, and stifling fears. Jillian's experience with people from all walks of life, her own experiences, combined with her keen insight about human nature has allowed her to decipher what it is that really keeps someone from reaching their true potential. But she makes it simple. Notice I didn't say "easy." She gives you assignments to start you on a path of articulating the things that keep you stuck. How many times do we dare ask ourselves why we aren't doing we want to do when it is so "easy" to blame someone, or find an excuse. Jillian teaches us that we have it within us to make changes now. And then she shows you how to do it. When someone has had success altering the patterns of people's lives for the better, as Jillian has, we can consider it a gift that this book has come along. We get the benefits of all her years of experience, trials and errors. Why shouldn't we live life without limits to our happiness? Unlimited can help you on your journey. Pick up a copy. It's that simple.

**Review** "Like a friend patting the reader on the back before kicking them in the rear...offers inspiration for people who are taking those first rocky steps on the road to self-improvement."--  
**Kirkus**

"From the first page, readers will feel her enthusiasm; a winning mix of humor, contestant case studies, personal experience, and motivation (she demands that readers wake up; "Screw surviving," she says, "It's time to THRIVE") never feels platitudinous"--**Publisher's Weekly**

"Unlimited is a very candid and thorough book that aims to help people lead more fulfilling lives."--  
**Chicago Sun-Times**

"Michaels offers a three-pronged approach to changing your trajectory: imagine, believe and achieve. Using examples from her own life, and those from "Biggest Loser" contestants, she shows how to shake off the fears holding you back and embrace the future."--**Washington Post Express**

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