



Secrets Of Successful Women: 19 Women Share their Thoughts on Business, Health, Fitness & Life

Andy Charalambous

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19 Women Share the Secrets of their Success in their businesses, their physical selves, their mental selves and all other Important Areas of their Lives.; Sit back, relax and take some time out for yourself to read these interviews. You will laugh, you will cry, you will be motivated and you will learn. The most effective methods of becoming successful in whatever it is you want to achieve, is to copy those who are already successful in your eyes. The definition of success is different to everyone. If success means losing weight, improving your mindset, creating your own business, being a good parent or generally following your dreams then finding people who have already achieved such success should be your first goal. In Secrets of Successful Women I have interviewed 22 women who have created success in their lives. The women featured in this book are from all walks of life with different backgrounds and careers. Some are well known, some not so well known. There are actresses, entrepreneurs, working moms, fitness models, athletes, fitness industry trainers, designers and more. All these women have two things in common. 1. They like to stay fit and healthy and keep up with their physical training no matter what. 2. They have an immense drive and passion to follow their dreams and achieve their goals. Everyone likes to read the success stories of others, especially those that you admire, such as those who rose to the top by battling through adversity or those from less successful beginnings. This book is a compilation of many different lives brought together to help others in their own special way. Each chapter of the book features a different interviewee and I split the interview questions up into five main categories: Personal Information – This section asks some personal questions to help us understand the interviewee a little better. General Questions – Which asks a mixture of questions in all areas of life to sort of get the ball rolling. Health and Fitness Questions – Looks into what the person does to stay healthy, fit and looking the best they can be. You will learn a lot about what foods they eat and also what their training routines are. There is also advice on various ways to help with fat loss, getting lean and staying fit. Business Questions – Here we look into the business side of the interviewee's lives. As with the health and fitness section you can learn a lot about what to do and what not to do in business just by reading the answers to the questions. Tons of sound information here. Mixed Questions – This is actually my favorite part of each interview. It is sort of a mix of fun, serious, personal and totally unusual questions. I had a lot of fun reading the answers to these and I think you will too.

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