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Two Turns From Zero: Pushing To Higher Fitness Goals--Converting Them To Life Strength



Synopsis

"The journey Stacey Griffith charts in *Two Turns From Zero* is both inspiring and instructional. Her book is action-oriented and wise beyond measure. It is full of engaging spirit and the true power of love and movement." —Deepak Chopra
Expert motivator, a fitness virtuoso and a self-empowerment guru Stacey Griffith, SoulCycle Senior Master Instructor, shows you how to take your health and fitness to new levels while using that same energy to boost your emotional and spiritual wellbeing in all aspects of your life. In *Two Turns From Zero*, Stacey Griffith, one of the iconic faces of the wildly popular SoulCycle, has helped thousands reshape their bodies, while also becoming their best selves — physically, mentally, and emotionally. Stacey firmly believes that every one of us can be an athlete. Focusing on four key concepts — Eat, Love, Train, and Repeat — this is her life handbook that provides a blueprint for feeling healthy, happy, and empowered. Stacey offers conditioning advice, nutrition counseling, visualizations for achieving your goals, and moving meditations for staying centered. Most important, she shows you how to locate your greatest sense of purpose that will take you to the highest levels of performance — and sustain you to weather life's inevitable challenges. *Two Turns from Zero* is also Stacey's personal story — a chronicle of endurance that is as motivating as her workout routine. At one time, Stacey was directionless and, by her own account, an overall unsuccessful human being. But she finally realized she wanted more from life — she needed to find meaning. Giving up alcohol, drugs, and partying, she dedicated her life to fitness — a journey of discovery she uses in her book to motivate others to make the most of their own lives. This gifted instructor is beloved for her ability to inspire and push her students to achieve their ultimate center. In *Two Turns from Zero*, she shows how we can all achieve our personal peak.

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Customer Reviews

Inspiration, motivation, and everyday practical advice all rolled up together in an entertaining and accessible read. Stacey goes deep yet keeps it real in a single book that does the job of a spiritual guide, exercise guide, diet advice, practical life tips... ditch buying the latest titles in all these categories and just get Two Turns from Zero... it covers it all with depth, simplicity, and grace. Well done Stacey, not an easy task and you nailed it. Just sent copies to a bunch of my friends who I know will love it too.

All i have to say is SIMPLY AMAZING! I was an avid SoulCyclist for a number of years then suffered a back injury. I am finally getting back to it here in Westchester County NY. Stacey really gave me my drive back! Nothing like that 45 min of me myself and I and my bike of course! Keep on going Stacey! You are awesome and a true fitness leader!!

When Stacey speaks it's as though you are the only person in the room. Her voice in this book is just as powerful. Stacey's voice jumps out at you from every page. She inspires you to be the best you that you can be. Stacey brings out the athlete in all of us...and she gives it a name..AOA (Adult Onset Athleticism)..it's a real thing!!! And once you know you have it, you just can't get enough. Read the book and find your inner athlete.

Such an easy read read with great life lessons! This book is an inspiration to anyone who has ever experienced challenges in their life and wanted to overcome them. Stacey's motivational drive is evident when taking her Soul Cycle classes and she truly lives the life she has created which is outlined in this book!

This book is a MUST read for everyone -- athlete or not! If you're looking for motivation in any part of your life Stacey's journey and words of wisdom and encouragement come through in this book in thoughtful, real, funny and inspiring ways that will stay with you long after the last page. You will want to go back to her stories over and over again to remind yourself of your own power to change your life.

I purchased this book the day it came out for my daughter who is a Soul Cycle fanatic. She simply stated it was extremely motivating. My daughter is 23 yrs. old, an avid reader & very well educated. We also have very similar tastes in books.

This book is more than just a fitness guidebook. It gives you the tools to lead a successful ,healthy life and be the best you! Stacey is engaging , inspiring and most of all REAL. I have read it twice and my children ,19 & 16 ,have read it and applied it to their everyday lives. Thank you Stacey for sharing and motivating people out there to know that anything is possible. Definite must read !

To be able to have Stacey and all her wisdom and motivational drive in a book you can take with you anywhere, is a GIFT beyond measure. If you aren't lucky enough to be able to take her classes, you can reap the benefits from this book.Seven brand new days is all it takes to start to turn things around! Thank you SG!

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