



## Turn off Your Television, Get off Your Ass, and Do Something: Helpful Tips for Feeling Better and Being More Healthy (Get Motivated) (Volume 1)

By Richard G Lowe Jr

Writing King, The. Paperback. Condition: New. 68 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Does Life Seem to be Out-Of-Control This is Your Life, and it is as Good as You Make It. Stop worrying and change your life to be what you want. Are you worried about your kids because they seem unmotivated, unwilling to do anything, and are having difficulties in life Have you or a loved one gained weight Are you always upset about every little thing on the news When you read this book, youll learn How television leads to laziness What the news media does to you and society Why people are overweight How cell phones control our lives What you need to do next Maybe Change is Needed Maybe you need to turn off the television! The boob tube, as it used to be called, breeds violence and laziness in society. A large minority of the population sits in front to the television every day, soaking in advertising and political propaganda, watching violence and sex, and gaining weight. Do you feel unhealthy and ill much of the time Are you overweight Perhaps you should stop eating fast food and change your diet to be more...



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