



Fit For Success

Joan Geraghty

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Fit for Success tells a fascinating, inspiring story of lives lived in the fast lane, of busy people who make time for health and fitness, certain that this is time well spent. It develops the idea that fitness is not just fun and good for your health, but good for your life, your work and your business. Time spent on fitness is productive time, as Joan Geraghty's interviews with some leading business and professional people testify.

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