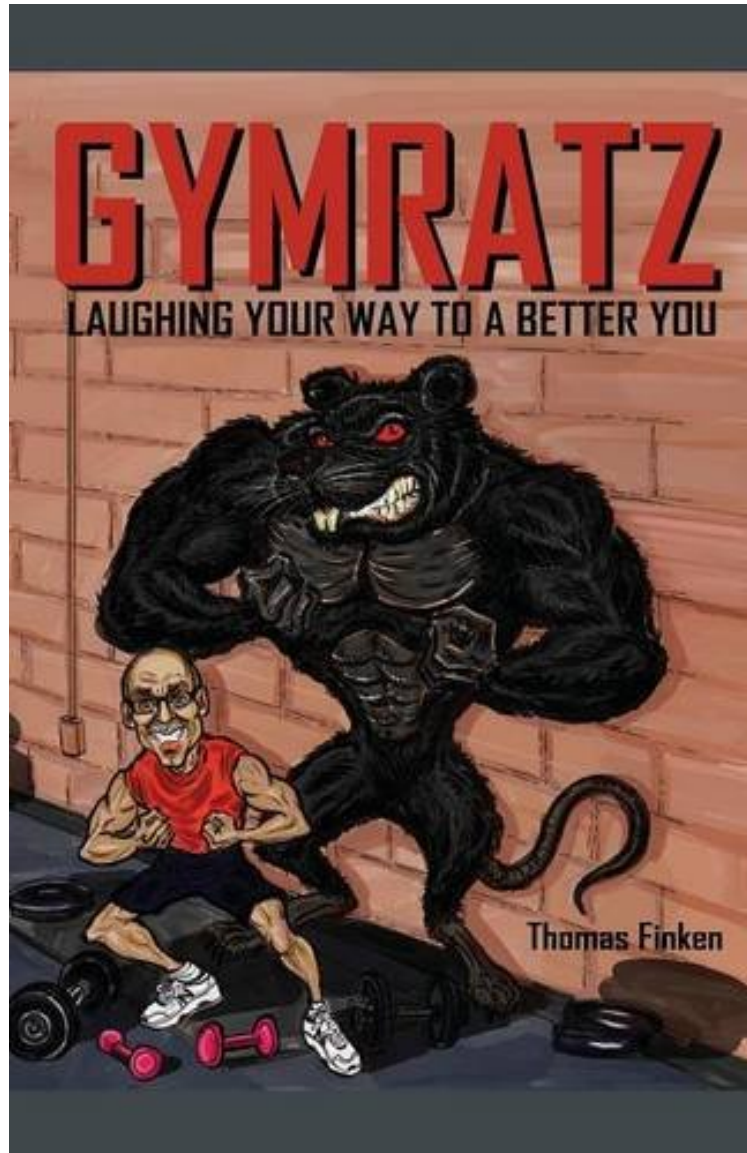


[Mobile pdf] Gymratz: Laughing Your Way to a Better You

Gymratz: Laughing Your Way to a Better You

Thomas Finken

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Thomas Finken : Gymratz: Laughing Your Way to a Better You before purchasing it in order to gage whether or not it would be worth my time, and all praised Gymratz: Laughing Your Way to a Better You:

Laughter is good medicine, so drink bountifully from this author's hilarious gym stories. Do you dread exercise and the gym, or are you one of those that thrive on it? Either way you will find yourself laughing through this book. Laughter

seems such a missing element of society. The race to secure a satisfying and well-paying career, to raise a family, to live life to the full, to meet all of life's demands, and to laugh along the way has all but escaped us. In *GymRatz - Laughing your way to a better you* Thomas Finken compiles creative, exaggerated, even fabricated, short gym accounts to encourage laughter in all. Meet the gym diva. Encounter Miss Prissy. Get a load of "I-kil-u-sune." Let Rocko, your would-be trainer, be your gym tour host. Read about the day the nun showed up at the gym; oh yes, and the day the Baptists showed up. Pick your side among the turf wars of the gym, and by all means stop by the gym cafe. That's always loads of fun. Compare your muffin-top with the likes of others, and get a belly-full of laughter. Whether Newbie, Never-be, Sometimes-be, or Live-to-die-for regarding the gym, there is joy and laughter to be found within these pages. Dare to take a breather, even if for two minutes, and laugh again. Find a moment of joy that makes for a better you. And while you are at it, invite another into the world of laughter through the accounts of these pages. Laughter was created by the Joygiver for our pleasure; so laugh again!"