

## LESSONS FROM THE GYM: *5 Secrets to Gaining Control of Your Life – A Book for Young Adults*

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A message to the reader...

Do you sometimes wonder what is worth doing? Do you lack self-confidence, or have a difficult time making decisions? Do you ever have a tough time feeling a sense of purpose and belonging, or feel that the demands and expectations by parents and school are theirs, but not yours? Do you sometimes have fear of failure, or that you don't know how to deal with bullying and violent behaviors from others?

It doesn't have to be that way! I know—because all of the above were once true for me. I guess you could say I wandered through my first 18 years without actually feeling that I was in control of anything; I wasn't a good student, my home life left a lot to be desired—I spent a lot of time being frustrated, just sort of going through the motions, but not really feeling directed, not really having focus on being the best I could be, and then being disciplined toward goals that mattered. But then I began to train my body, which helped me discipline my mind, which led me to achieving goals, one by one, by one. The result was that I went from just aimlessly “hanging out” to opening my very first business at the very young age of 21.

Looking back on those early days, I often wish I had “caught on” sooner to the simple but powerful equation of “success.” Luckily, I eventually did. For me, that “starting place” was the gym. And what an “education” it was! Some of life's best lessons, I discovered, are learned in the gym. I realized there were certain fundamental truths that when applied, allow you to experience success in many areas of life. These lessons changed my life for the better, and they can change yours, too! I've written *Lessons From The Gym* for you, the young adult, as you make the decision to take more control over your life, and find your place in this dynamic, everything-is-possible world.

In this book, I'll share with you 5 Secrets to:

- ***Having mental toughness (a life without fear, stress, and anger)***
- ***Having an “asset mind-set” to get whatever you want***
- ***Eating foods that taste good while providing unlimited energy***
- ***Proper exercise to look fit, toned, and “ripped”***
- ***Setting and achieving goals that matter***

If you want to be the best you can be, this book is for you!

He is founder and director of Chris Cucchiara's Youth-Fit Camp, a motivational and leadership camp for teens and young adults: [www.LessonsFromTheGym.com](http://www.LessonsFromTheGym.com) or <http://twitter.com/LessonsFromGym>