

*Do you struggle with working out regularly?
Have you started an exercise routine only to be back
to doing nothing in a couple of weeks?*

If so, keep reading. In a relatable, funny, and conversational tone, Ms. Wood explains how *The Power of the Streak* has kept her running five days a week for more than twelve years. She has even managed to keep her streak alive through two childbirths and a busy career. She gives direct and practical advice for achieving your own exercise streak (it doesn't have to be running!), no matter your life circumstance. You'll leave feeling motivated, inspired, and excited to commit once and for all to long-lasting exercise and fitness.



KARA WOOD
@THEPOWEROFTHESTREAK

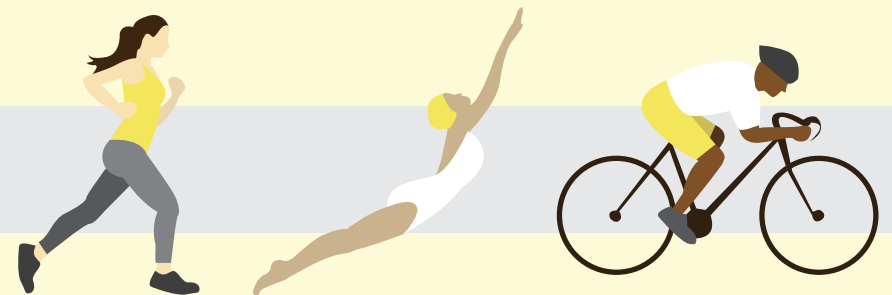
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THE POWER OF THE STREAK

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***A CLEAR PATH TO
CONSISTENT EXERCISE AND
STAYING MOTIVATED OVER TIME***



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