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the art of giving how free gifts can win customers hearts in a world saturated with marketing noise how do you make your brand stand out and truly connect with your audience the answer lies in the power of generosity in the art of giving marketing expert your name reveals the game changing strategy that s transforming businesses across industries strategic free gifts this isn t just about random freebies it s a proven approach to building loyalty driving sales and creating passionate brand advocates dive into this practical guide and discover why giving away value is the secret to receiving more in return how to craft irresistible free offers that perfectly align with your brand strategies for turning free gift recipients into high value customers real world examples of businesses that have mastered the art of giving step by step instructions for implementing your own giving strategy whether you re a solopreneur a small business owner or a marketing executive this book will revolutionize your approach to customer acquisition and retention learn how to stand out in a crowded marketplace build deep emotional connections with your audience and create a sustainable culture of generosity that fuels long term business growth it s time to stop shouting to be heard and start giving to be remembered the art of giving will show you how to win hearts minds and loyal customers one generous offer at a time unlock the power of strategic generosity your customers and your bottom line will thank you

revolutionize your fitness journey right at home embark on a transformative journey with fit from home transform your body anywhere a groundbreaking guide that redefines how you approach fitness are you ready to achieve the body of your dreams without stepping foot in a gym say goodbye to crowded gyms and hefty memberships as you embrace the efficiency and freedom of home workouts discover the essentials of crafting an effective fitness routine tailored to your unique lifestyle and space with insightful chapters ranging from maximizing space efficiency to creating a motivating environment this book provides a comprehensive foundation for your fitness success learn about the crucial equipment you need whether for strength training or cardio conditioning and explore the art of mastering bodyweight exercises to increase intensity gradually feel the desire to push boundaries as you delve into advanced workout techniques and quick time efficient routines perfect for busy schedules tailor your fitness plan with secrets revealed for combining strength cardio and flexibility ensuring a balanced and robust journey towards health uncover the key to sustained motivation break through workout plateaus and stay disciplined with strategies designed for long term commitment take action today and join countless others who have transformed their lives with this invaluable resource maintain consistency on the road engage your family in fun and accessible activities and immerse yourself in real life success stories that prove what's possible whether you're a beginner or seeking advanced challenges this book provides the roadmap to achieving your fitness goals all from the comfort of your home delve into the science backed insights and debunk common myths to steadfastly maintain lifestyle changes with fit from home unlock the secrets to a healthier fitter you embracing the power of transformation your ultimate fitness journey begins now

being a mom doesn't mean putting your health and fitness on hold fit and fabulous is the ultimate guide for busy moms looking to reclaim their energy confidence and wellbeing this book is packed with practical tips quick workout routines and healthy eating strategies that fit seamlessly into your hectic schedule from 5 minute exercises you can do between errands to meal prep hacks and mindfulness practices fit and fabulous provides all the tools you need to feel strong balanced and empowered at every stage of motherhood prioritize your health without guilt and discover how to make fitness a sustainable and enjoyable part of your life

this book examines the phenomenon of digital guru media dgm the self styled online influencers life coaches experts and entrepreneurs who post on the themes of wellness health and fitness it opens up new perspectives on digital leisure and internet celebrity culture and asks important questions about the social cultural and psychological implications of our contemporary relationship with digital media

drawing on cutting edge social theory the book explores a wide range of contexts in which dgm intersects with digital leisure from the health related learning of young people to the clean eating movement to the online lives of fitness professionals it asks if digital and social media are problematic per se and explores the problems a turn to the internet could be revealing about the lack of real world or analogue support as well as potential solutions for our wellness health and fitness needs and wants bringing together innovative multi disciplinary perspectives this book is fascinating reading for anybody with an interest in leisure studies media studies cultural studies sociology or health and society

david koch online entrepreneur finance journalist and trusted australian media personality knows a thing or two about the family finances father of four kids sole breadwinner ad a man not afraid to admit to his own odd money mistake david has also spent hour after hour in the sunrise studio tuning in to the way the average australian thinks about money he knows the extent to which we all spend too much on silly stuff avoid keeping track of our expenses get overwhelmed by the cost of raising a family settle for less in terms of salary do without the things that would bring a bit of pleasure to our lives pay the banks too much in fees and interest david is here to help in 11 easy steps he shows us everything we need to do to pay less on the mortgage put up to 14 000 extra back in the average family budget get those finances sorted in 15 minutes a month develop a side hustle or get a salary increase or why not both learn a little about investing for the future tackle debt once and for all friendly clear and easy to use this is the guide you need to reset your money habits so you can learn more worry less breathe easier and enjoy of the fruits of your labour this book is just the first step towards getting on top of your finances kochie s weekly 11 steps email newsletter is going to keep you on track well beyond the last page with timely tips news and opportunities for you to keep growing your wealth just head to ymyl.com.au/11steps to get on the list

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