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2. "How to Make Work-Life Balance Work" by Nigel Marsh. As an author and marketer (he's the man behind Fit, Fifty and Fired-Up and Fat, Forty and Fired), Marsh ...

5 TED Talks You Must Watch on Work-Life Balance

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2009, Nigel Marsh, Fat, Forty, and Fired, page 78: The irony of me talking about wanting a more balanced life as I gently strolled around the Apple Isle ...

Apple Isle - Wiktionary

The Muscle & Fitness ... Follow it along with advice from top fitness experts on how to keep your metabolism fired ... Exercises to Burn Off Your Back Fat; How to ...

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Nigel Marsh - Celebrity Speakers

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Fat Paradigm - Mark's Daily Apple

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40 Amazing Facts About First Lady Melania Trump | LifeDaily

The Forty Day Workout ... low carb, high fat, ... and I am just sitting here trying to get fired up to train in a literally freezing gym.

The Forty Day Workout - Again | Dan John

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The Fit Father Project is the leading health website for men over 40 ... want to destroy stubborn belly fat, ... You want to get fired up again to live healthier and ...

Fit Father Project - Fitness For Busy Fathers

Persuasion Public Speaking // Lisa B. Marshall // // no comments. ... Nigel is an author of Fat, Forty, and Fired and Overworked and Underlaid.

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