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## **30-A Gym & Fitness**

The Inner Gym: A 30-Day Workout for Strengthening Happiness Check out this great listen on Audible.com. One of the biggest myths in our society is that you can simply choose to be happy whenever you want, even in spite of challenging circumstances. Or, that happiness is a byproduct of making more money, falling in love, or being successful.

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The Inner Gym by Light Watkins is an inner workout to strengthen your "inner muscles." This book is ideal for anyone looking for a structured way to incorporate simple life-habits that have been proven to have a profound impact on your state of happiness. Grab a bracelet or necklace bundle to put your learning into pra

### **The Inner Gym Book - MyIntent Project**

The Inner Gym is a book and a 30-day workout for strengthening happiness. Find out more at <http://www.theinnergym.com>

### **The Inner Gym Official Trailer**

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### **The Inner Gym Quotes by Light Watkins**

If you're in the market for a new piece of fitness gear, these are great options to challenge the inner thigh muscles: Exercise Ball URBNFit Exercise Ball (65 cm)

### **5 exercises that target and tone the inner thighs**

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