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Your Time Is Now

By Josh Jb Bowen

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*****.As a fitness professional and accomplished personal trainer, Josh quote;JBquote; Bowen has seen life from a different perspective than most. He serves as the owner of his own training studio, Aspire Fitness, but he is much more than a personal trainer. JB embeds himself into his client s lives, and he sees their struggles and accomplishments, their wins and losses. "Your Time is NOW" is a collection of JB's reflections written over a period of several weeks when his client and best friend lost her first-born son in utero. It is a book about coming back from life s harshness and unfairness and using your pain to fuel your joys. From quote;Failure Doesn t Existquote; to quote;Stop Comparing Yourselfquote; to quote;The Art of the Comebackquote;, JB will take you on a ride to better your thinking, sharpen your self-esteem and prepare you for whatever life may throw at you. One hundred percent of the proceeds from "Your Time is NOW" will be donated to Now I Lay Me Down to Sleep, a non-profit organization dedicated...



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