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ReSYNC Your Life: 28 Days to a Stronger, Leaner, Smarter, Happier You [Samir Becic] on Amazon.com. *FREE* shipping on qualifying offers. Named "â€œ#1 Fitness Trainer in the World" four times in a row, health and fitness expert Samir Becic motivates readers to become a stronger

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Description. Named "#1 Fitness Trainer in the World" four times in a row, health and fitness expert Samir Becic motivates readers to become a stronger, leaner, smarter, and happier version of themselves in 28 days by using his revolutionary and highly effective ReSYNC Method.

Recorded Books - ReSYNC Your Life

Resync Your Life: 28 Days to a Stronger, Leaner, Smarter, Happier You. Samir Becic . Named "#1 Fitness Trainer in the World" four times in a row, health and fitness expert Samir Becic motivates ...

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Book review: ReSYNC Your Life: 28 Days to a Stronger, Leaner, Smarter, Happier You by Samir Becic I have to admit that I had never heard of Mr. Becic before this book, but the title sounded interesting and with the New Years resolutions coming up, it was the perfect time to read up on fitness and lifestyle changes.

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