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*Jamie Alderton*

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HOW WOULD IT FEEL TO HAVE THE BODY AND BUSINESS YOU'VE ALWAYS DREAMED OF? Mindset with Muscle takes you on a different transformation journey. Rather than hitting the gym and obsessing about success, this book brings you 'sets and reps for the brain'

About the AuthorIn less than four years Jamie Alderton went from a redundant contract worker to one of the top Body Transformation Coaches in the UK, having transformed thousands of lives in the process. He has spoken alongside experts such as Shaa Wasmund and Gary Vaynerchuk, and shares his in-depth knowledge of what he has learnt from his time in business, fitness and life competing at British, European and World level Physique Shows. Jamie has created multiple successful businesses, and balances the entire act with his family life as a loving husband and father.

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