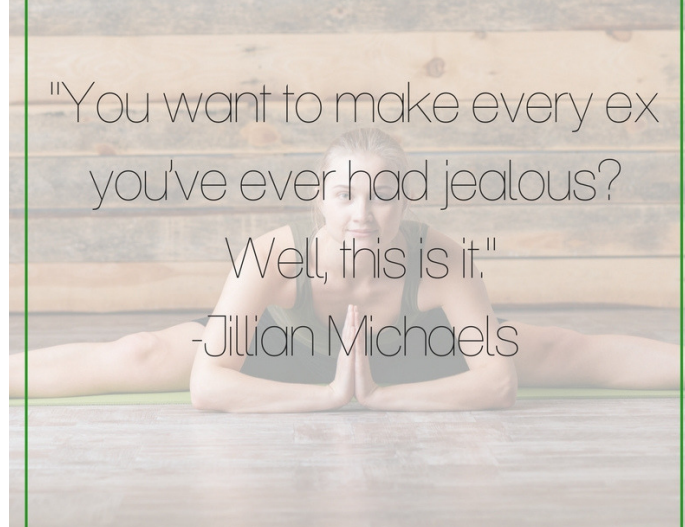




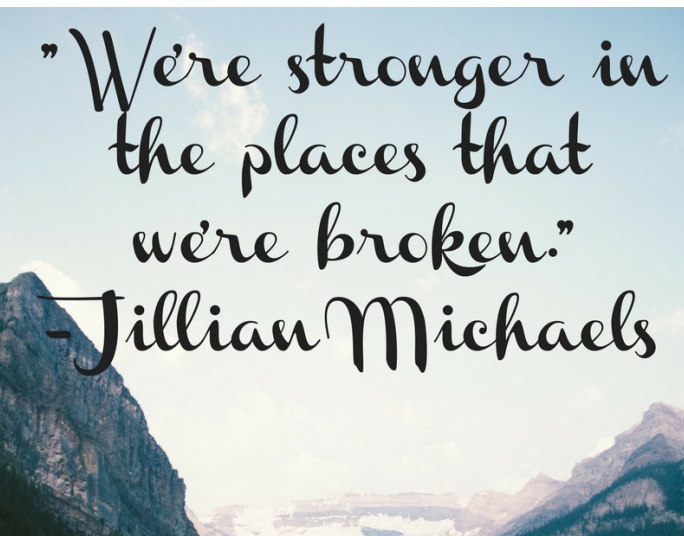
*"That is why you must  
bring everything you have  
to give in every moment."  
-Jillian Michaels*



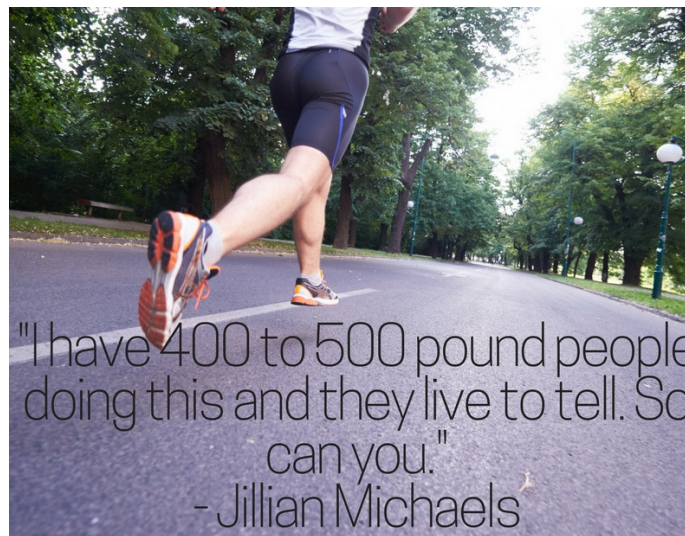
"You want to make every ex  
you've ever had jealous?  
Well, this is it."  
-Jillian Michaels



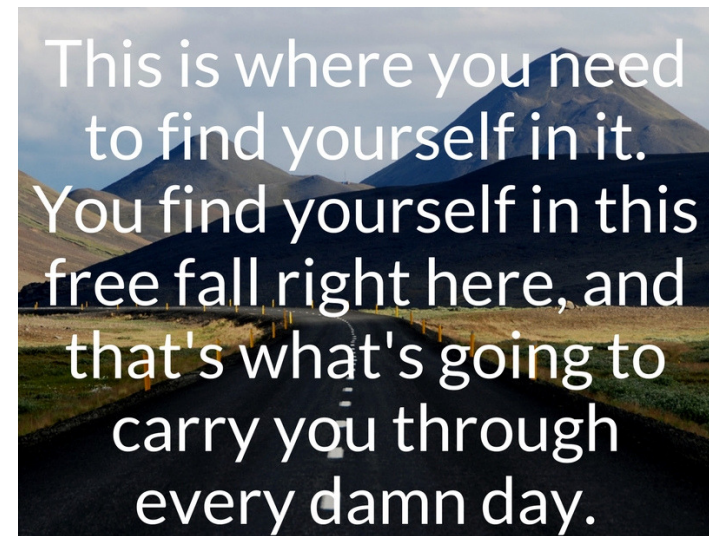
**"You're not going to die  
are you? You've been  
through worse."  
- Jillian Michaels**



*"We're stronger in  
the places that  
we're broken."  
-Jillian Michaels*



"I have 400 to 500 pound people  
doing this and they live to tell. So  
can you."  
- Jillian Michaels



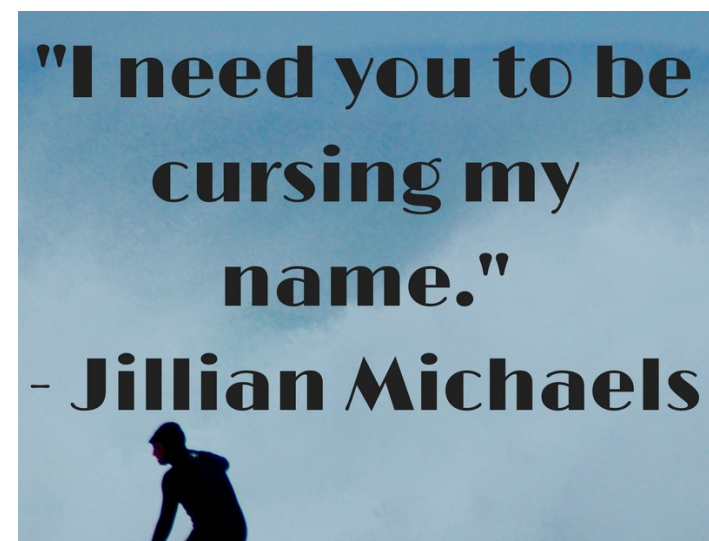
This is where you need  
to find yourself in it.  
You find yourself in this  
free fall right here, and  
that's what's going to  
carry you through  
every damn day.



**"TRANSFORMATION IS NOT A  
FUTURE EVENT. IT IS A  
PRESENT ACTIVITY."  
-JILLIAN MICHAELS**



**"You don't need to  
take on anybody  
else's crap."  
- Jillian Michaels**



**"I need you to be  
cursing my  
name."  
- Jillian Michaels**



"It's so important  
every day in your  
life that you show  
up."

-Jillian Michaels



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"It's not about perfect, It's  
about effort."

- Jillian Michaels

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"BE PROUD OF YOURSELF."  
- JILLIAN MICHAELS



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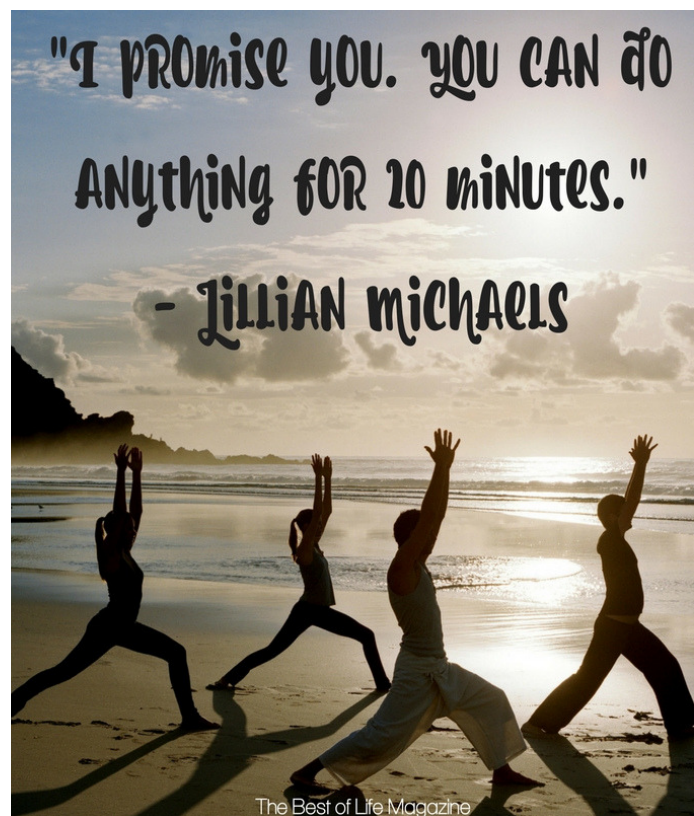
"You don't need to  
take on anybody  
else's crap."  
- Jillian Michaels



The Best of Life Magazine

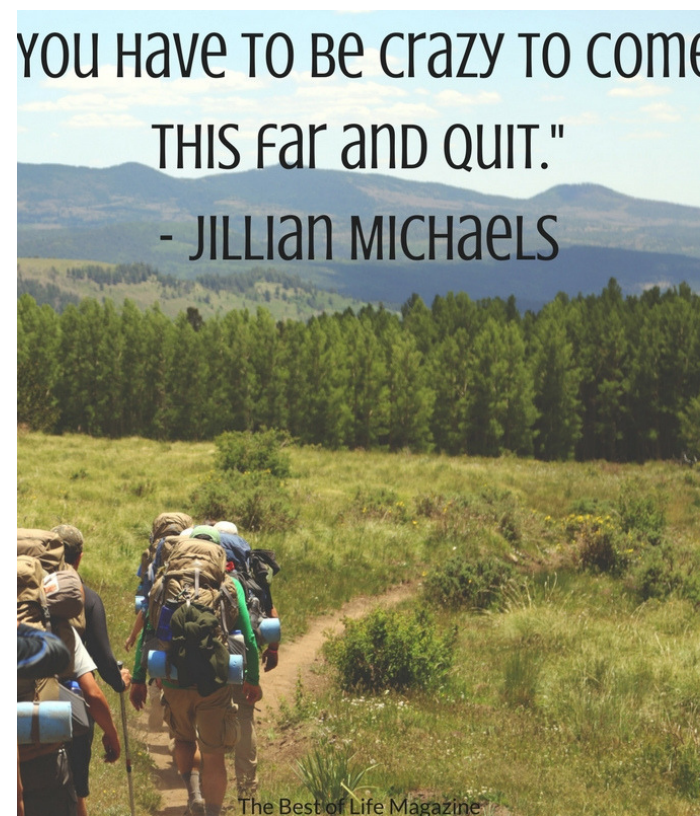
"I PROMISE YOU. YOU CAN DO  
Anything FOR 20 minutes."

- JILLIAN MICHAELS



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YOU HAVE TO BE CRAZY TO COME  
THIS FAR AND QUIT."  
- JILLIAN MICHAELS



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