



The Book of Kellyisms: A Coach's Playbook for Life

Robert M Kelly

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With over seventeen years of experience as a personal trainer and as a master trainer at the 24-Hour Fitness chain, Robert "Bob" Kelly brings his experience that combines his own personal trials and tribulations with over twenty-four years experience as a high school teacher and coach.

In his new book, The Book of Kellyisms, Bob shares his story of struggle and success, flavored with the many "Kellyisms" shared by his father and many others.

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