

**Start Strong, Finish Strong: Prescriptions For A Lifetime Of
Great Health**

By Kenneth Cooper M.D. MPH; Tyler Cooper M.D. MPH

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<https://medium.com/better-humans/start-strong-stay-strong-finish-strong-63bd7c6a5b48>

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Adopting the Finish Strong attitude in your life will help you stay focused and remain motivated to achieve your goals.

<http://www.finishstrong.com/>

Project Management: Start Strong, Finish Strong will be held in the CMD Training Center in the Woodman Alumni Building on the Wichita State University campus,

<http://www.cmd.wichita.edu/p-129-project-management-start-strong-finish-strong.aspx?/showproduct.aspx?ProductID=129&>

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