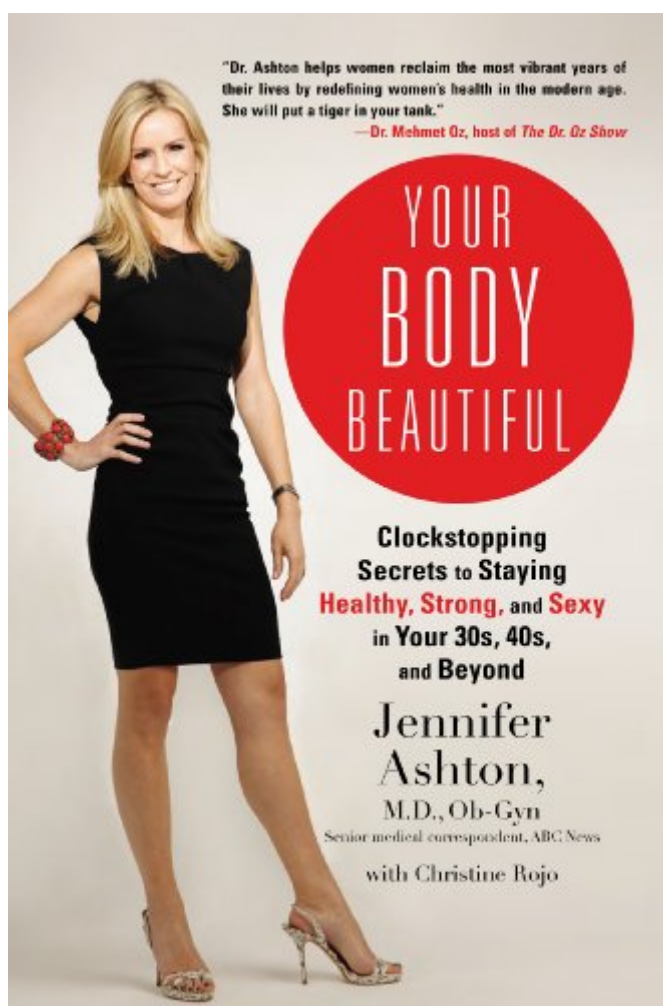


The book was found

Your Body Beautiful: Clockstopping Secrets To Staying Healthy, Strong, And Sexy In Your 30s, 40s, And Beyond



Synopsis

The popular medical correspondent challenges women to reinvent their health and wellness routines, and make midlife their most vibrant years yet. Demi Moore, Cameron Diaz, Courteney Cox, and the list goes on. The world is realizing that a woman's thirties and forties can be the most beautiful, energetic, and passionate time of her life. Today's women can maximize this stage- and lay the foundation for optimal health and well-being. Dr. Jennifer Ashton embodies this philosophy and wants to help you enjoy these often overlooked years and feel and look your absolute best. Dr. Ashton's passion, warmth, and wit have made her America's fastest-rising women's health expert and medical correspondent. Here, she outlines a powerful approach to health care that can help you unleash new energy, strength, and sexiness. Integrating the latest scientific research, she has created a five-part plan, including: A simple eating plan, tailored to keep energy high and your weight healthy for your changing metabolism A high-powered fitness program to help you work out harder in less time Stress-reduction techniques and simple strategies for relaxation An effective, step-by-step sleep plan Prevention advice for reducing your risk of heart disease, cancer, and other potentially fatal ailments Authoritative yet written in a friendly, girlfriend-to-girlfriend voice, *Your Body Beautiful* and its transformative strategies will help you look and feel younger, stronger, and more vibrant than ever.

Book Information

File Size: 984 KB

Print Length: 304 pages

Page Numbers Source ISBN: B00B1LF5ZM

Publisher: Avery; 1 edition (January 5, 2012)

Publication Date: January 5, 2012

Sold by: Æ Â Penguin Group (USA) LLC

Language: English

ASIN: B005ERIIVM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #511,186 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #101 in Kindle eBooks > Health, Fitness & Dieting > Aging > Diets & Nutrition #411 in Kindle eBooks > Health, Fitness & Dieting > Personal Health > Aging #1195 in Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health

Customer Reviews

As a 42 year old woman, I was so excited to read a book that I felt was written just for me. Dr. Ashton has a very responsible approach to health and beauty which I really admire. This book covers every aspect of women's health and outlines highly effective diet, health and beauty regiments that are manageable and easy to maintain. She reminds us that we need to be committed to our health and with a little bit of effort the reward is that we can stay young and fit well into our 40's and 50's and beyond! Also, it is highly informative regarding health related topics that women need to be aware of. Such a great book full of so much helpful information, I keep going back to it to reference information. The strawberry & spinach protein shake recipe is great!

I was really excited to get this book. I really like the author's contributions to ABC. It had a few good tips in it but was generally pretty light - not much substance and not for older women (over 50)

I bought this book for the diet. Great info for someone in their 30's and 40's to start as a complete program. I am 61 and it is a little late in life to get the full benefit. The diet is great and easy to do. Taking the weekend off is like a treat for things you miss. After being on the diet it gets easier on the weekends, you really don't crave some of the things you use to.

Great read. Few tips I didn't know. Great motivation book.

I thought this book would have some new ideas and facts, but it's just a rehash of things you see on Dr. Oz and a mix of other diets that have been out there for a long time like the South Beach diet etc. Waste of money. Nothing new!

Theresa is so down to earth in this book. She tells about her experiences with spirits. After reading this book, a lot of questions I had were explained. It is a must read and I hope there will be more books to come!

I Like the book very much

Very good information and tips on using regular items in your pantry for face, good info on hormones and preventing osteoporosis, in general a great reference book for daily living!

[Download to continue reading...](#)

Your Body Beautiful: Clockstopping Secrets to Staying Healthy, Strong, and Sexy in Your 30s, 40s, and Beyond The Butch Lesbians of the '20s, '30s, and '40s Coloring Book Denys Wortman's New York: Portrait of the City in the 30s and 40s Vintage Face: Period Looks from the 20s, 30s, 40s, & 50s Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks Staying Healthy in Asia, Africa & Latin America) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) AnimÃ© nude young hentai fund of sex - Hot manga pictures 2: Sexy girls animÃ© nude girls, sexy animÃ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÃ©) AnimÃ© nude young hentai fund of sex - Hot manga pictures 1: Sexy girls animÃ© nude girls, sexy animÃ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÃ©) Memes: Sexy Adult XXX Memes & Pictures Book 2017 - Adult Jokes, NSFW, Memes Free, Sexy Memes, Sexy Books Sexy, Fit & Fab at Any Age!: Say Yes to Your Natural Beauty While Being Funny, Healthy, Sexy and Inspired It's Not Over Yet!: Reclaiming Your Real Beauty Power in Your 40s, 50s and Beyond BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Dr. Jordan Metzl's Running Strong: The Sports Doctor's Complete Guide to Staying Healthy and Injury-Free for Life Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond Younger Next Year for Women: Live Strong, Fit, and Sexy - Until You're 80 and Beyond Sexy, Fit & Fab Sirens: A Sexy Collaboration of Fabulous Women Sharing Their Secrets to Success Strong's Greek Dictionary of the Bible (with beautiful Greek, transliteration, and superior navigation) (Strong's Dictionary Book 1) The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique

Contact Us

DMCA

Privacy

FAQ & Help