



Strong Women Stay Slim

Miriam Nelson, Sarah Wernick, Steven Raichlen

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From the bestselling authors of **Strong Women Stay Young**, an exciting, medically sound program to help you boost your metabolism and melt away fat!

Scientific research has shown that strength training increases metabolism--a key to permanent weight loss--by as much as 15 percent. In fact, a Tufts University study comparing women on identical diet plans found that the strength-training group lost 44 percent more fat than the diet-only group.

Strong Women Stay Slim has everything you need to shape up and feel great--no matter what your age or fitness level:

Fully illustrated exercises especially designed for weight loss

Up-to-the-minute information about weight, appetite, nutrition, and fitness--explaining why this program works

A hunger-free food plan, including menus and delicious recipes from award-winning cookbook author Steven Raichlen

Progress logs and extra guidance for the first ten weeks

Motivational secrets...and more

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From reader reviews:

Carol Hughes:

In this 21st millennium, people become competitive in each and every way. By being competitive now, people have to do something to make themselves survive, being in the middle of often the crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. Sure, by reading a book your ability to survive improves then having a chance to stand up than others is high. For you personally who want to start reading any book, we give you this kind of Strong Women Stay Slim book as a basic and daily reading e-book. Why, because this book is usually more than just a book.

Gloria Robey:

Spent a free the perfect time to be a fun activity to perform! A lot of people spend their down time with their family, or all their friends. Usually they perform an activity like watching television, going to the beach, or a picnic from the park. They actually do the same every week. Do you feel it? Do you want something different to fill your current free time/ holiday? Can reading a book be an option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of publications that you should read. If you want to try out looking for a book, maybe the reserve untitled Strong Women Stay Slim can be a fine book to read. Maybe it might be the best activity for you.

David Eaton:

Reading can be called a head hangout, why? Because if you are reading a book especially a book entitled Strong Women Stay Slim your head will drift away through every dimension, wandering in each aspect that maybe unfamiliar for but surely will end up in your mind's friends. Imaging every word written in a publication then become one type of conclusion and explanation that maybe you never get previous to. The Strong Women Stay Slim gives you another experience more than blown away your brain but also giving you useful information for your better life with this era. So now let us show you the relaxing pattern the following is your body and mind is going to be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Rick Fountain:

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