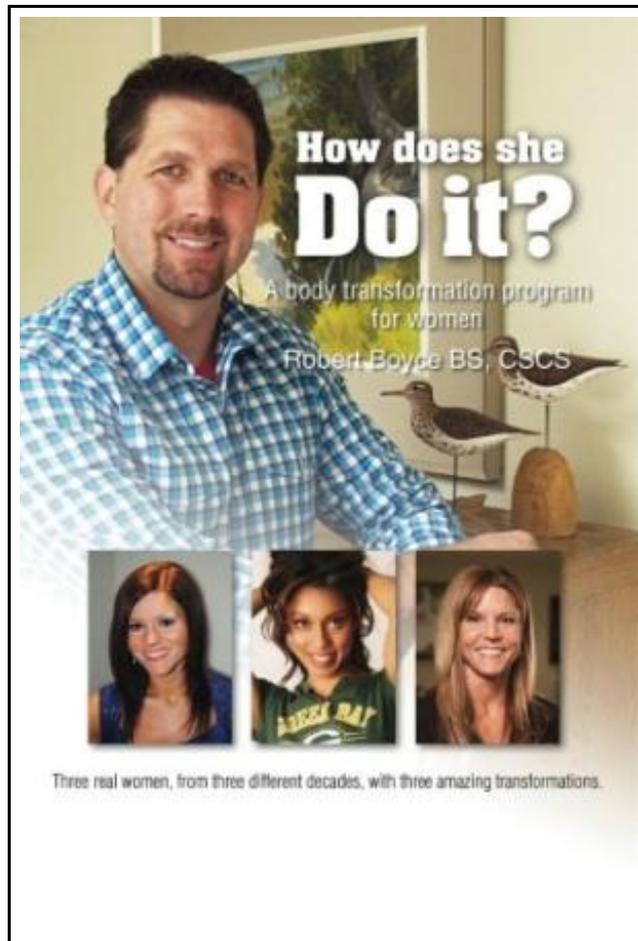


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HOW DOES SHE DO IT?: REAL ANSWERS AND EXAMPLES OF HOW TO TRANSFORM YOUR BODY AT ANY AGE (PAPERBACK)



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Robert Boyce, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A book for any women that wants to get in shape, lose weight, and transform their body like never before. Women, are you new to fitness and simply don t know where to start? Are you confused by all the different diet plans out there and don t want to be another yo-yo diet statistic? Are you tired of being fooled by all the marketing hype about the newest pill or gadget that is going to transform you overnight? Do you want to eat real food that fits into your lifestyle and still get results? I will give you all the pieces you need to get the body you used to have or have always dreamed about. As a certified personal trainer for the past 15 years, I have seen just about every scenario out there when it comes to transforming your body. One thing I have learned is that whether your 20, 30,40, or 60, the formula for success really doesn t change. I will show you, regardless of your age or situation, you can have the body you want. But don t just take it from me. I will introduce you to three women from three different decades that followed the same simple principles in the book to achieve the body that you re looking to get back or achieve. The internet can be a useful tool at times but let s face it, you don t live in a vacuum and life can interfere with your success. The latest workout or diet fads don t guide you when your kid s are sick. They don t tell you how to stay on track when...

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