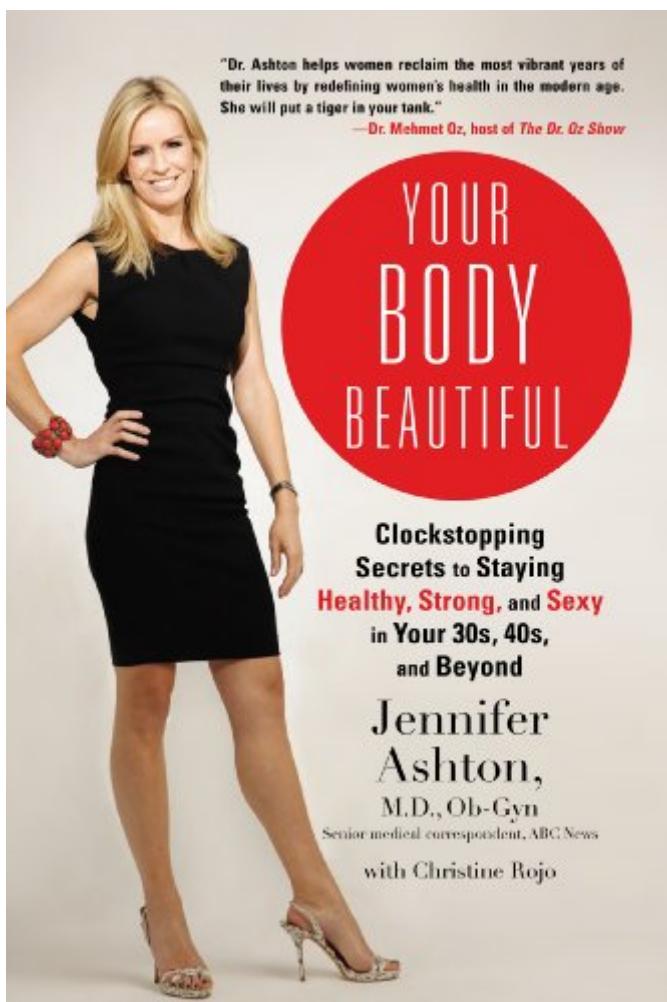


The book was found

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

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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 regimens 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!

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