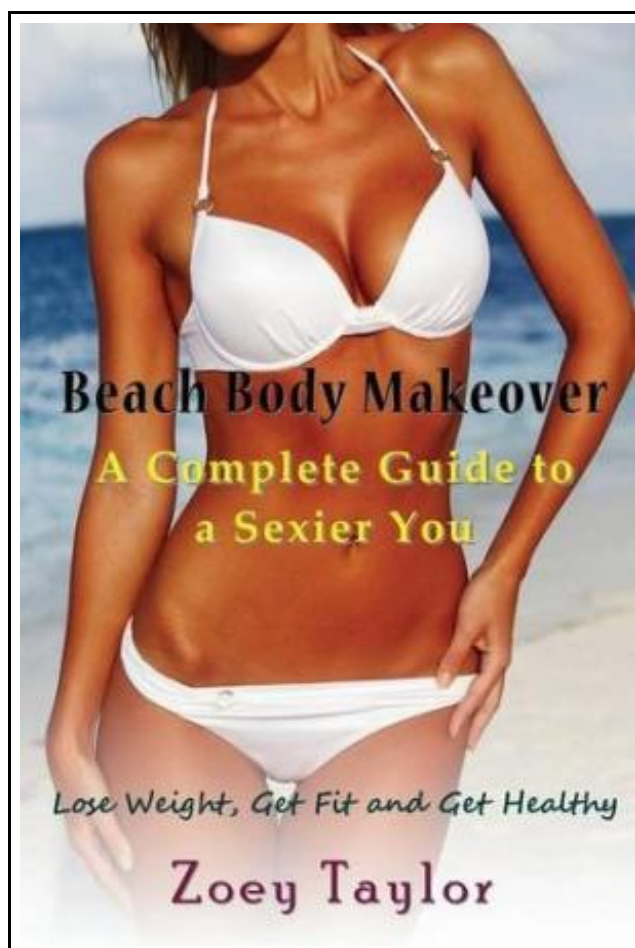


## Beach Body Makeover: A Complete Guide to a Sexier You: Lose Weight, Get Fit and Get Healthy (Paperback)



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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Zoey Taylor understands what it s like to struggle to lose weight and maintain it, and she all about losing it in the healthiest way possible. Years of experience as a health and fitness expert have taught her that extreme diets and exercise regimes simply don t work in the long term--and they ll make you look haggard and frazzled in the short term. If you want to look great in a bikini, at any age, you ve got to adopt a realistic diet and workout routine that integrates seamlessly into your daily lifestyle. That s why Taylor wrote the Beach Body Makeover--to show you exactly how to change the daily habits and triggers that are sabotaging your ability to look stunningly fit and trim in a skimpy bikini swimsuit. Taylor understands that the average woman can t afford a personal trainer or expensive supplements. She knows that most women juggle a busy schedule and possess limited time to exercise or plan a low-calorie diet menu that the entire family can enjoy. Taylor steers clear of recommending exotic miracle supplements or exercise plans requiring expensive exercise equipment. Instead, she shows you how easy it is to integrate an exercise routine at the office or while cleaning your home. You ve got to clean your home anyway--so why not get bikini body ready at the same time? Taylor gets your body swimsuit ready by revealing: o specific negative calorie foods that will fill you up and expedite weight loss o fat-flushing secrets that will help you melt away stubborn fat o the secret to enviable 6 pack abs Taylor s final chapter brims with tips on motivation to keep you firmly...

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