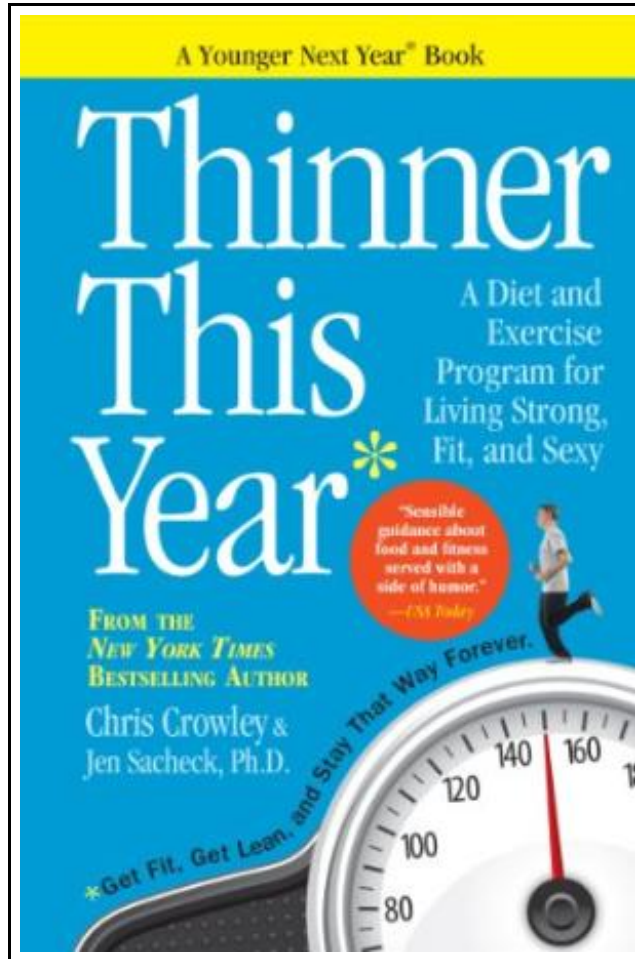


Thinner This Year A Younger Next Year Book



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Reviews

This publication is really gripping and fascinating. It is among the most amazing ebook i have study. I am just quickly could possibly get a satisfaction of looking at a written ebook.

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THINNER THIS YEAR A YOUNGER NEXT YEAR BOOK



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Workman Publishing Company. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 7.9in. x 5.1in. x 0.9in. Now in paperback, the latest book in the New York Times bestselling, one-million-copy-plus Younger Next Year franchise. The book that tells every reader how to lose weight, discover new vitality, and get in the best shape of your life. The book with the no-nonsense, no-BS, no-shortcuts approach. The book that shows that theres a revolution in aging going on. The book that is the how-to of that revolution. Chris Crowley, the memorable patient and coauthor of Younger Next Year, partners with Jen Satchek, a nutritionist and fitness expert from Tufts University, and in lively, alternating chapters they spell out a weight-loss plan that will have readers losing up to 25 pounds in the first six months and, much more significantly, keeping it off next year, and the year after, and so on, for life. The message is straightforward and based on the most up-to-date nutritional science: resist the added-fat, added-sugar concoctions created by the food industry; skip the supplements; pile on fruits and vegetables to your hearts content, but its OK to eat lean meats, too; and dont drink your calories. And exercise! With its simple, fully illustrated program of 25 sacred exercises, here is everything the reader needs to build muscle, protect joints, add mobility, and put off 70 of the normal problems associated with aging and eliminate 50 of serious illness and injury. Clear, concise, well-balanced nutritious diet plan. Realistic exercise . . . and the combo of the authors nutrition scientist and witty writer makes this an easy-to-read volume with loads of timely, science-based information. Madelyn Fernstrom, Diet and Nutrition Editor, TODAY and NBCNews.com Chock-full of easy recipes, meal plans, and exercise diagrams. The Wall Street Journal This item ships from multiple locations. Your...



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