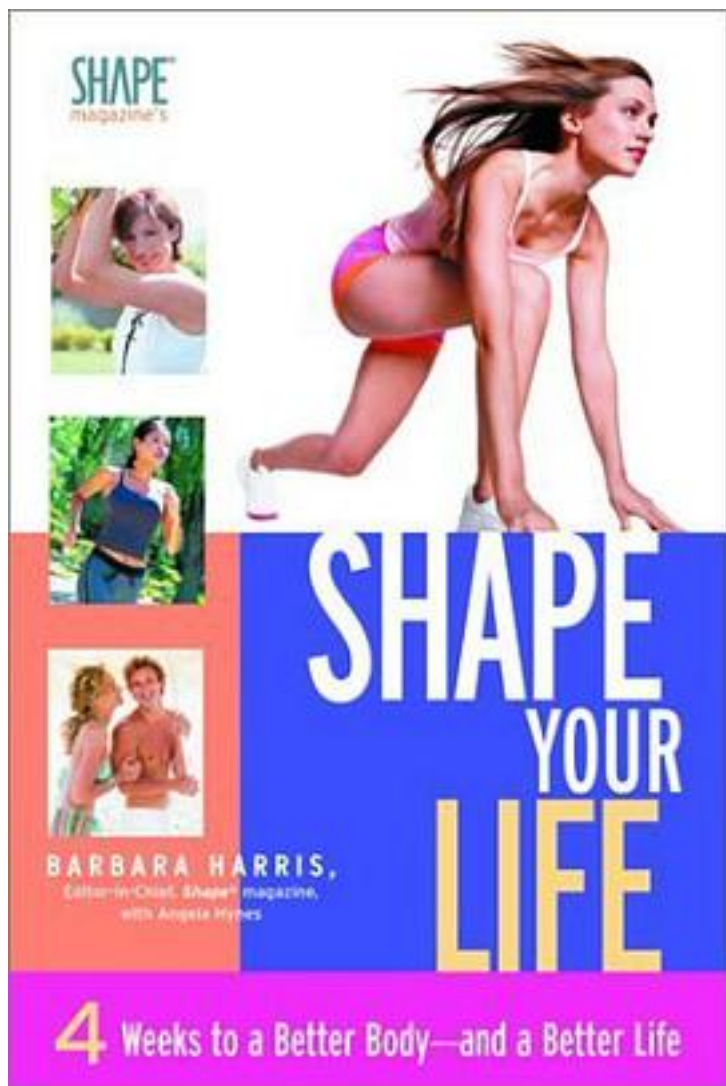


Shape Your Life



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著者:Barbara Harris

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With nearly five million people reading each issue, Shape is the #1 magazine for today's health-conscious women. Its mission and ever-present philosophy is: Being fit means more than having thin thighs and well-defined abs. It means living a balanced life. In Shape Your Life, Barbara Harris, pinpoints the seven goals Shape considers the benchmarks of total fitness: Workouts, Diet, Spirituality, Rest, Emotions, Body Image, and Work. And provides a custom-designed, four-week, personal transformation program that all women can use to make over their lives forever.

Brimming with photographs and results-producing programs for each element of fitness, Shape Your Life overflows with expert advice and inspirational wisdom on:

1. Your Workout: details programs ranging from The Ultra-Efficient Cardio Workout to the Fit-in-20-Minutes Workout; from The Body-Confident Workout to The Mind-Body Makeover.

2. Your Diet: unveils The Shape Food Pyramid and Shape Pyramid Meal plan, healthy kitchen makeovers, shopping guides, and more.

3. Your Spirituality: offers soul-nourishing yoga and meditation exercises and steps to becoming more connected with others and with the natural world.

4. Your Rest: explains the health benefits of taking a rest now and then. Includes breaks, vacations, naps, and sleep. With tips, techniques, and mini-retreats for getting more healthful rest.

5. Your Emotions: reveals how to survive modern life with your sanity intact, reduce stress, identify triggers that cause anxiety, and balance your emotions.

6. Your Body Image: provides the keys to building a positive view of your body at any size or shape, as well as special confidence-boosting workouts.

7. Your Work: explores how to make your work, however you define it (corporate manager, self-employed businesswoman, stay-at-home mom), more productive and personally satisfying.

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