

Keep the Connection



[Keep the Connection_ 下载链接1](#)

著者:Bob Greene

出版者:

出版时间:2004-1

装帧:

isbn:9780786888955

在线阅读本书

The #1 New York Times bestselling fitness expert's classic about keeping weight off so that you reach a new level of health and fitness. With his recent #1 bestseller *Get With the Program!*, Bob Greene has shown millions how to get real about their weight, health, and emotional well-being. In his national bestseller *Keep the Connection*, now updated with a new jacket, Greene shows us how to keep the momentum going. First, he inspires you with a section on how to get yourself started and how to move to the next degree of mental and physical fitness. Then, Greene shows you exactly what exercises you will be doing to reach your goals. Each exercise is illustrated with photographs that show you just how to make the moves, so you get the maximum benefit from each one. Finally, there is an entire section of delicious, healthful recipes that make it easy to lose weight as you follow the exercise program. *Keep the Connection* is a book that deserves to be on the shelves of everyone who wants a better body and a healthier life.

作者介绍:

目录:

[Keep the Connection_下载链接1](#)

标签

评论

[Keep the Connection_下载链接1](#)

书评

[Keep the Connection_下载链接1](#)