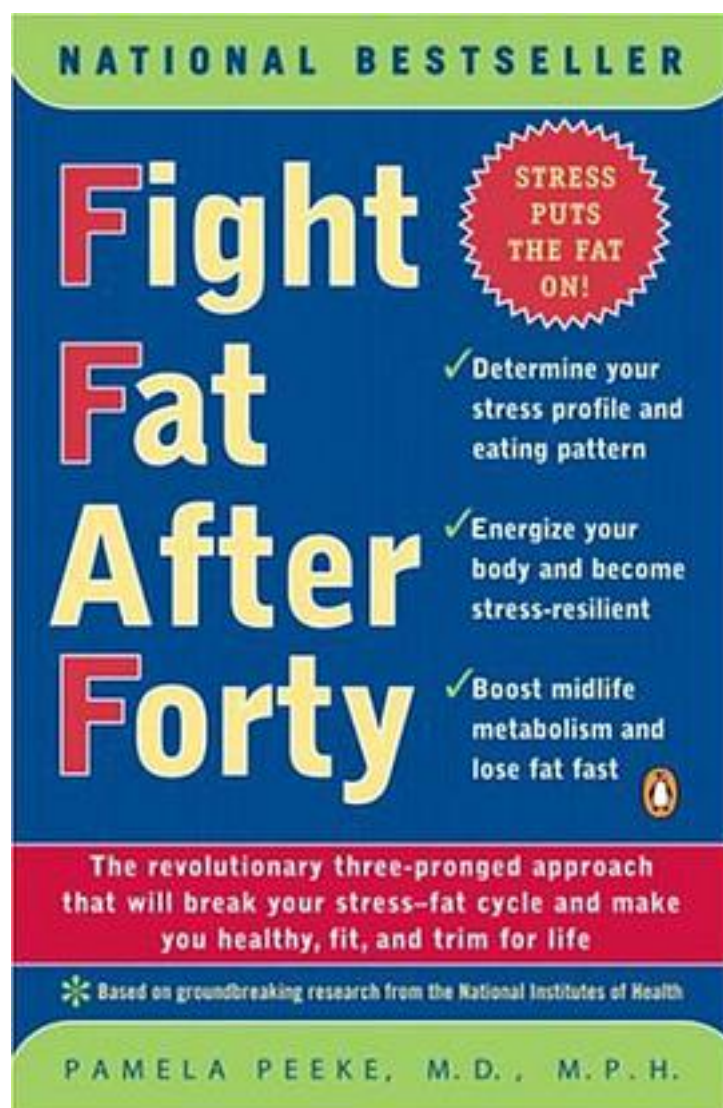


# Fight Fat After Forty



[Fight Fat After Forty\\_ 下载链接1](#)

著者:Peeke, Pamela

出版者:Penguin USA

出版时间:2001-5

装帧:Pap

isbn:9780141001814

It's a fact: stress makes you fat. Renowned clinician and scientist Dr. Pamela Peeke goes beyond diet and exercise with a lifestyle program that shows women how to stop being diet "POWs" ("Prisoners Of Weight") or victims of "Toxic Stress" and how to evolve into physically and mentally stress-resilient individuals. Peeke helps women identify their stress-eating profiles (Are you a stress-overeater? A stress-under eater?) and explains that to remove weight, you have to lift weight. She explains what to eat and, equally as important, when to eat by navigating the afternoon "CortiZone," the hours of highest vulnerability to stress eating. Learn how to put it all together through the fine art of regrouping.

Women can tailor this accessible program to their individual needs using Peeke's three behavior templates:

- Stress-resilient nutrition
- Stress-resilient physical activity
- Stress-resilient regrouping

Dr. Peeke's program is a must for women who want to break the stress-fat cycle that has thickened their after-forty waistlines.

作者介绍:

目录:

[Fight Fat After Forty 下载链接1](#)

标签

评论

-----  
[Fight Fat After Forty 下载链接1](#)

书评

-----

[Fight Fat After Forty 下载链接1](#)