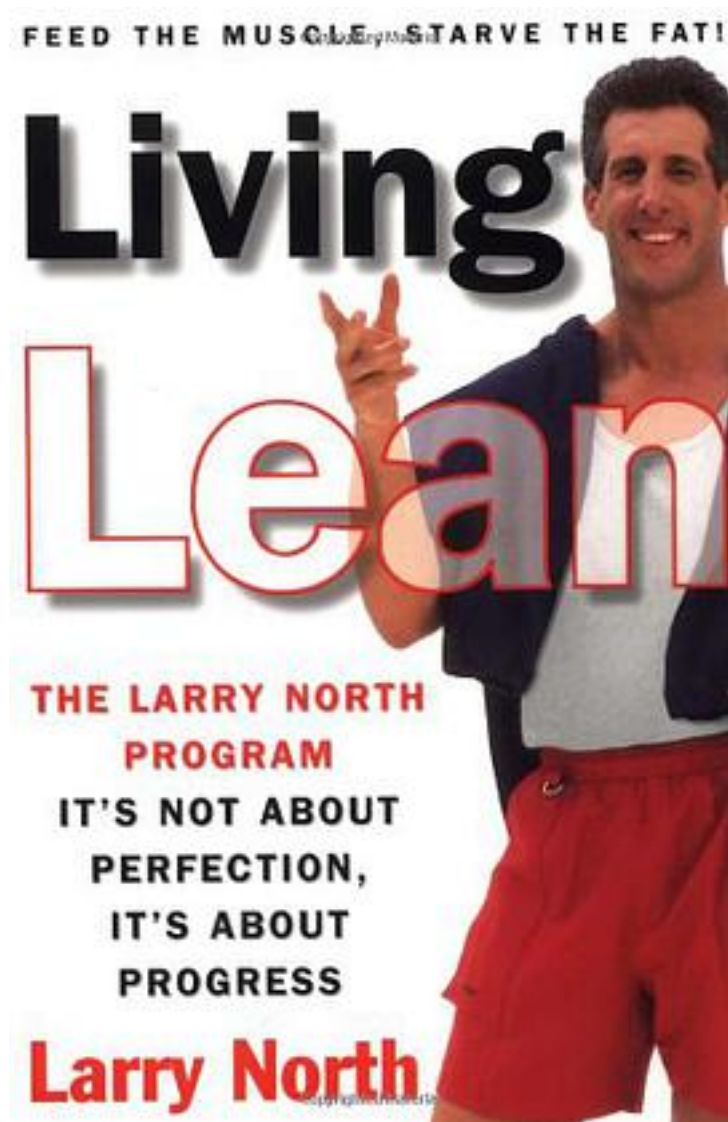


Living Lean



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著者:North, Larry

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In Living Lean, fitness expert Larry North breaks through all the confusion of fad diets, exercise programs, deceptive fitness frauds, and "low fat" products and starts you on a program to lose fat, get lean, and look fabulous. Whether you'd like to lose five, ten, or a hundred pounds or reshape your whole body, what you want to know is HOW DO I DO IT? North's motivational yet realistic program, featuring a six-week plan for eating the Larry North way, easy-to-make recipes, and fuel-burning, muscle-toning exercises, brings immediate results. You'll gain more energy and feel better about yourself, and you'll soon want to see how far you can go. So take the first step toward the body you've always dreamed of. In Living Lean, Larry North cuts through the jargon and tells you *

* how to eat more to lose weight

* how to go from a size 16 to a size 10 (and beyond!) and never look back again
Empathetic and inspirational, in Living Lean Larry North shows you how to get results without starving or overexercising and keeps you focused on achieving your fitness goals.

作者介绍:

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