

Winning by Losing



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出版者:William Morrow Paperbacks

出版时间:2007-10-30

装帧:Paperback

isbn:9780060845476

Few things in life are simple and straightforward, and losing weight is no different—it's not easy, and anyone who says otherwise is trying to pull a fast one. *Winning by Losing* is a comprehensive, inspirational, and real solution to your weight problems. Taking a triple-threat approach, Biggest Loser trainer Jillian Michaels identifies and illuminates the three keys to health and lasting weight loss so that you can become a winner in mind, body, spirit, and life. Focusing on both the psychological aspects of being overweight as well as nutrition and fitness, Jillian's program is designed to help you safely shed weight fast. So, are you ready to chuck the excuses and the quick-fix fantasies and get real about what it takes to change your life for the better? If so, this is the book for you. Come on. Losing has never felt so good!

作者介绍:

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标签

评论

Jillian
还是老实做健身教练，写书嘛，就一般般。但我个人是喜欢她的，觉得她身上有一种阳刚之气。

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书评

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