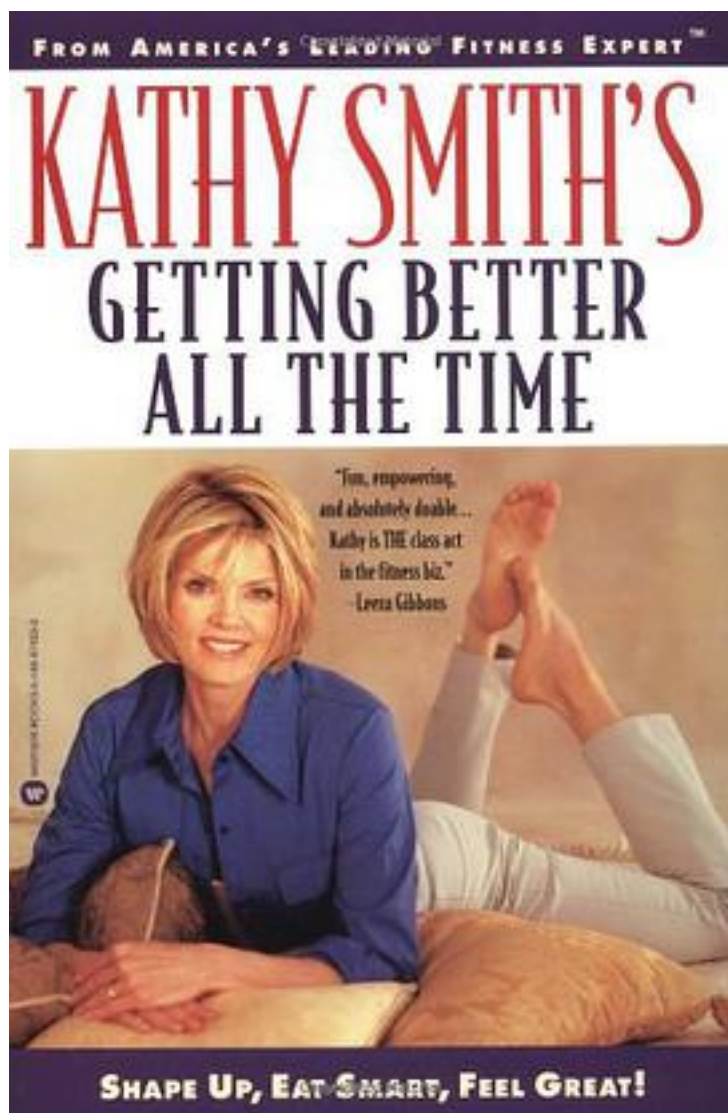


Kathy Smith's Getting Better All the Time



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Fitness leader Kathy Smith draws on a lifetime of experience to motivate the mind as well as the body. In addition to offering eating and exercise plans and delicious low-fat recipes, Smith also challenges the reader to reverse destructive patterns and develop new, positive habits and attitudes that will result in a healthier, happier life. Kathy Smith has been a fitness correspondent for NBCs Today show, ABCs Good Morning America, and CNN. She appears on Entertainment Tonight and Extra! and is a featured columnist for the Los Angeles Times and Living Fit magazine.

作者介绍:

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