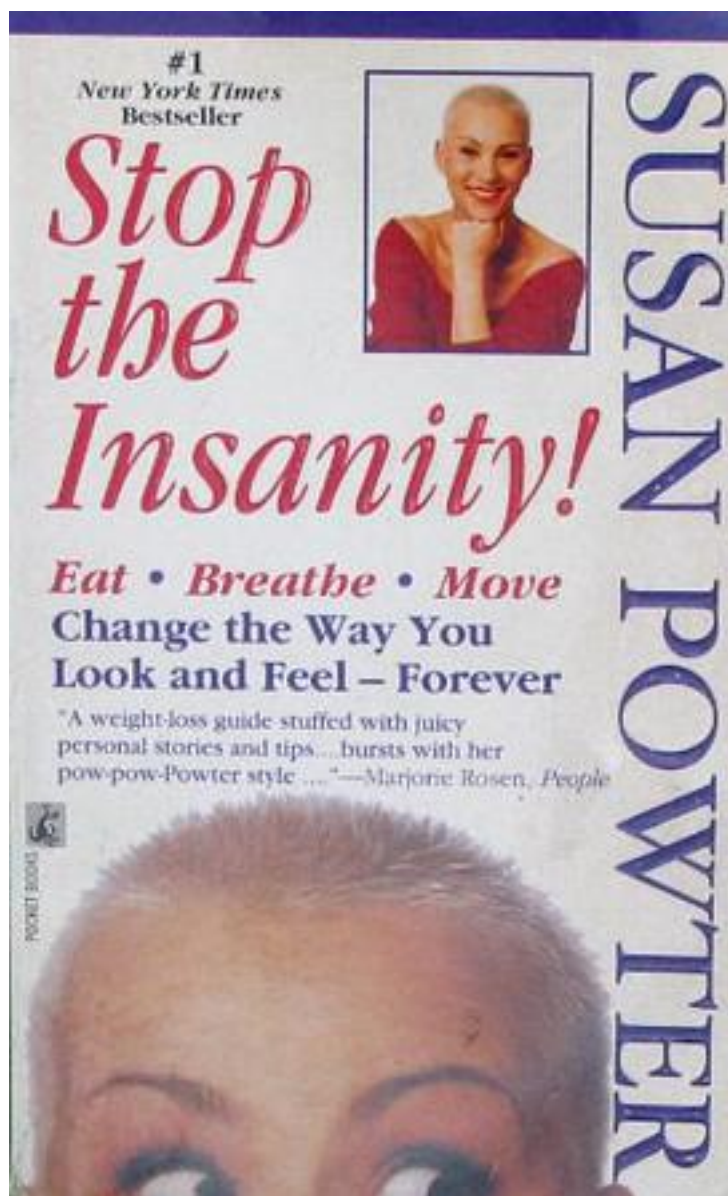


Stop the Insanity



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著者:Susan Powter

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From AudioFile Although Susan Powter's energy comes through loud and clear, all she can accomplish in 90 minutes is to motivate listeners to consult her other works on fitness--or to exhaust them so much they'll open another beer and sink further into the couch. B.V. (c)AudioFile, Portland, Maine --This text refers to an out of print or unavailable edition of this title. Simon & Schuster Take control of your life and stop the insanity! You've seen Susan Powter on the Home Show and on her Stop the Insanity infomercial, explaining health and wellness to millions of viewers. Taken from the "insanity" she experienced with the diet and fitness industries, Susan's step-by-step motivational book, now read by Susan herself on audio tape, will empower women everywhere to take control of their lives. In Stop the Insanity!, Susan tells you how you can get lean, strong, and healthy without starvation and deprivation. Her practical, proven program designed for women of all ages, weights, and fitness levels can change the way you look and feel just like it did for Susan. Funny, poignant and powerful, Stop the Insanity! is more than Susan's encouraging success story of how she went from fat to fit-- and stayed there. It is a message of hope for women everywhere. END --This text refers to an out of print or unavailable edition of this title.

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目录:

[Stop the Insanity_ 下载链接1](#)

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[Stop the Insanity_ 下载链接1](#)

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