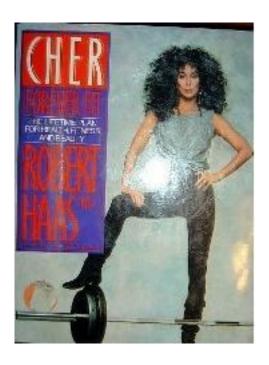
## Cher Forever Fit: The Lifetime Plan for Health, Fitness, and Beauty



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This is not a book about fitness fantasies. It is not a manual on how to make it as a supermodel or professional athlete. We have not scaled our standards and expectations beyond your reach. For us, perfection means feeling, looking, being the very best YOU can be."

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