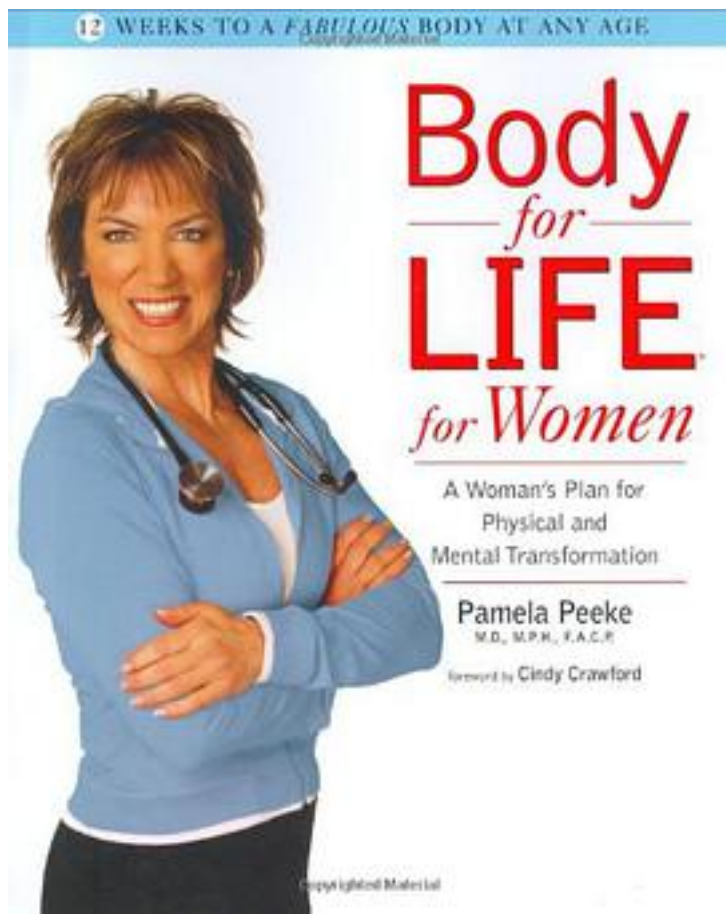


Body for Life for Women



[Body for Life for Women_ 下载链接1](#)

著者:Peeke, Pamela

出版者:

出版时间:2009-5

装帧:

isbn:9781605298283

Drawing from cutting-edge research in gender-based medicine, women's health expert and best-selling author Dr. Pamela Peeke tailors the original Body-for-Life program to the unique obstacles women face. With stunning before- and-after photos and testimonials providing motivation and inspiration, "Body-for-Life for Women" features

a 12-week Mind-Mouth-Muscle eating, exercise, and emotional health program for women to help them achieve optimal health during their hormonal milestones. 'Dr. Peeke explores how stress directly affects your body composition and shows how you can control your weight by harnessing the mind's power to achieve stress resilience!' - Herbert Benson, MD, Mind-Body Medical Institute, Harvard University, and author of "The Relaxation Response and Timeless Healing".

作者介绍:

目录:

[Body for Life for Women_下载链接1](#)

标签

评论

[Body for Life for Women_下载链接1](#)

书评

[Body for Life for Women_下载链接1](#)