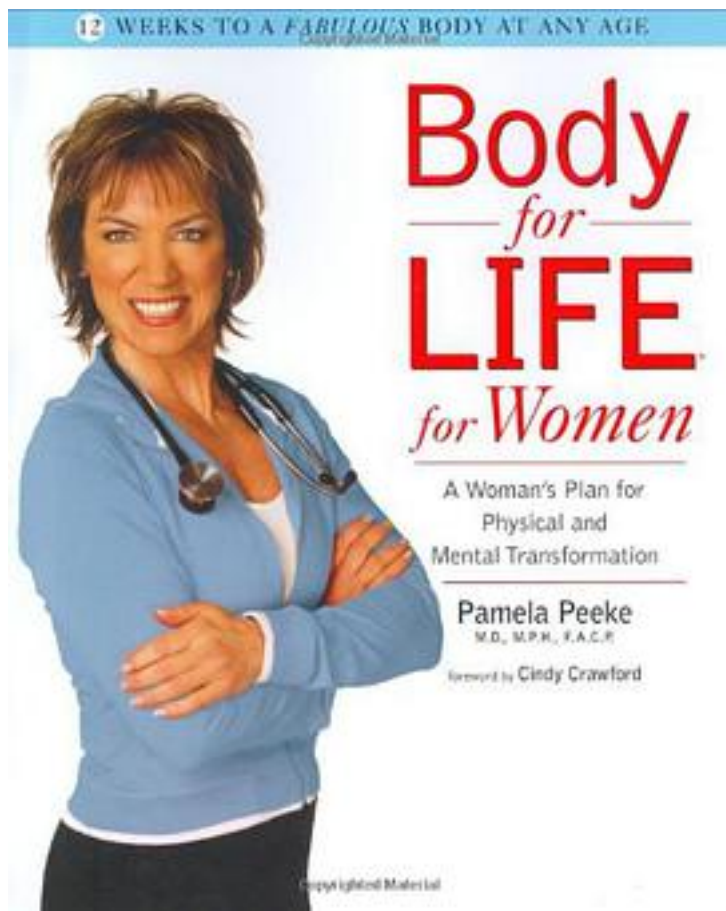


# Body for Life for Women



[Body for Life for Women\\_下载链接1](#)

著者:Peeke, Pamela

出版者:

出版时间:

装帧:

isbn:9781593976439

The bestselling Body-for-Life program is now tailored just for women--to help them achieve dramatic weight loss and body-changing fitness in just 12 weeks The #1" New York Times "bestseller "Body-for-LIFE" helped hundreds of thousands of people the world over to build stronger bodies and enjoy a higher quality of life. Now Dr. Pamela

Peeke, bestselling author of "Fight Fat After Forty," adapts the unique insights of the "Body-for-LIFE" program to the specific hormonal, metabolic, and physiological requirements of women so they can achieve the same rapid, life-transforming results. Dr. Peeke draws on cutting-edge research as she fashions a 12-week eating, exercise, and emotional health program, specially tailored to women. Those who read Dr. Peeke's first book, or who have seen her in her numerous television appearances on "Oprah," "Larry King," "Dateline," "Primetime," "Today," and other shows know how inspirational she can be--and never more than in this audio program, motivating, cajoling, and instructing her readers to make the changes that will produce a lifetime of mental and physical fitness.

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](#)