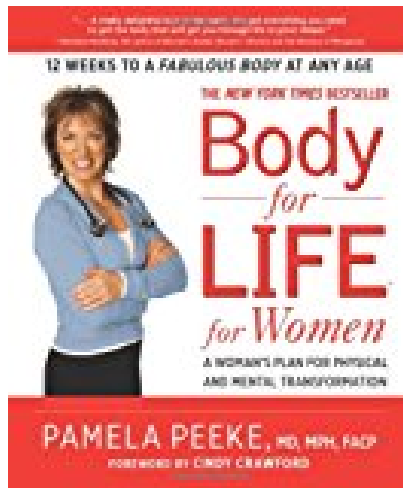


# Body-for-LIFE for Women A Womans Plan for Physical and Mental Transformation

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## BOOK DETAILS

- Author : Pamela Peeke
- Pages : 272 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 160529828X

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## BOOK SYNOPSIS

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 millions of people the world over to build stronger bodies and enjoy a higher quality of life. Now Pamela Peeke, M.D., M.P.H., bestselling author of The Hunger Fix, 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 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. Among the book's highlights: Stunning new before-and-after photographs with testimonials Over 100 black-and-white photographs demonstrating the exercises A Q&A section that anticipates and answers questions the reader might have

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