



Beach Body Makeover: A Complete Guide to a Sexier You: Lose Weight, Get Fit and Get Healthy

By Zoey Taylor

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Zoey Taylor understands what it s like to struggle to lose weight and maintain it, and she all about losing it in the healthiest way possible. Years of experience as a health and fitness expert have taught her that extreme diets and exercise regimes simply don t work in the long term--and they ll make you look haggard and frazzled in the short term. If you want to look great in a bikini, at any age, you ve got to adopt a realistic diet and workout routine that integrates seamlessly into your daily lifestyle. That s why Taylor wrote the Beach Body Makeover--to show you exactly how to change the daily habits and triggers that are sabotaging your ability to look stunningly fit and trim in a skimpy bikini swimsuit. Taylor understands that the average woman can t afford a personal trainer or expensive supplements. She knows that most women juggle a busy schedule and possess limited time to exercise or plan a low-calorie diet menu that the entire family can enjoy. Taylor steers clear of recommending exotic miracle supplements...



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