



Side Effect: Skinny: Denise Austins Fat-Blast Diet

By Denise Austin

Bird Street Books, Inc. Hardcover. Book Condition: New. Hardcover. 248 pages. Its a common sentiment among all women: we want to be fit, we want to get healthy, and we want to have more energy to live our busy, beautiful lives! Denise Austin, the internationally-renowned fitness guru, understands womens wants, needs, and the hurdles that they face. A culmination of Austins decades of research and experience she focuses on getting real-life women to look and feel their very best, Side Effect: Skinny introduces easy-to-implement weight loss solutions and simple yet powerful methods that encourage women of all ages to stay fit. Shes redefining skinny and showing you that you dont need to be rail-thin to look gorgeous and live healthier. Possessing straightforward, real-life health tips, meal plans and fitness solutions, Side Effect: Skinny reveals: The Top Side Effect: Skinny Foods: Austin shares her top picks for nutrient-dense foods that actually look like the part of the body they help! Visualize to melt away the pounds and boost health inside and out with foods like juicy red tomatoes (great for the heart!) and crunchy almonds (perfect for strong nails!) How to Jump Start Weight Loss: With Austins custom meal plans, its possible to...



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