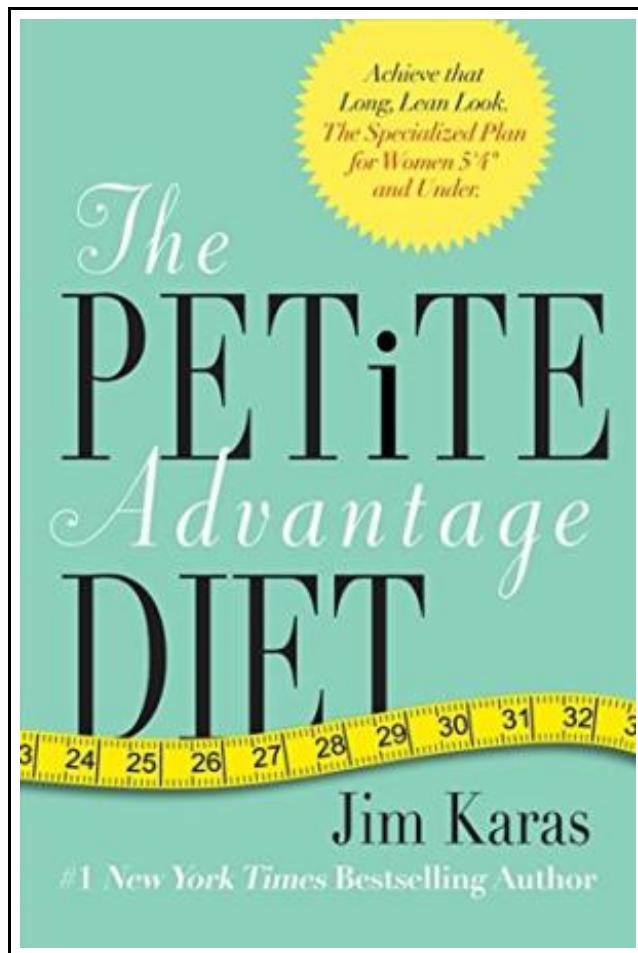


The Petite Advantage Diet: Achieve That Long, Lean Look. The Specialized Plan for Women 5'4 and Under



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Its been written in an extremely simple way and is particularly only right after i finished reading this ebook where actually changed me, affect the way i really believe.
(Orin Blick)

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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Petite Advantage Diet: Achieve That Long, Lean Look. The Specialized Plan for Women 5'4 and Under, Jim Karas, After more than twenty years as a weight-loss and fitness expert, Jim Karas had seen enough body types to know one thing for sure: petite women's greatest advantage is also their greatest disadvantage-their bodies have the potential to change rapidly. Now, if you want to lose weight and you have the right program, this is great news. But if you're under stress, have developed bad eating habits, and have become sedentary, it's disastrous. And petite women know this! They've watched their lanky friends eat pizza and drink beer without gaining an ounce, while they quickly gained the infamous freshman fifteen. They've watched their taller gal pals instantly drop the baby weight, while they still made excuses as their babies turned to toddlers. Here is the take away: shorter women are perfectly poised to lose weight, more quickly regain their shape, and add more muscle mass than their taller sisters and friends. Now, "The Petites" reveals that, with the right mindset and a few strategic changes, weight loss is not only possible, it is possible this week! Karas enlists petites to embrace their advantages, go after real and rapid results using his program, and get serious about creating lasting change in their body shape. From a strategic 21-day eating plan to detailed exercise instruction to easy-to-implement tips on what to drink, how to eat out, and even how to cultivate better posture, Karas has created a truly holistic program for this body-conscious group. "The Petites" is packed with promise: readers will learn that carbs can be their friend. They'll see why cardio workouts-in the form of all those bikes, steppers, and elliptical machines-are...



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