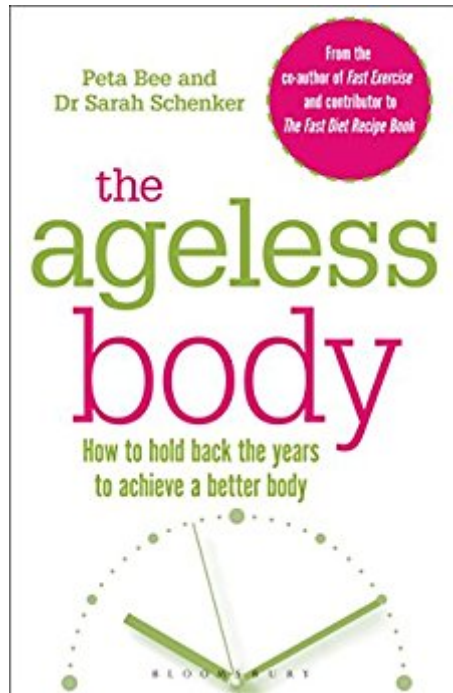


The book was found

The Ageless Body: How To Hold Back The Years To Achieve A Better Body



Synopsis

Discover the new goals and new rules that are the route to a healthier, better looking and better functioning body. For life. From Gwen Stefani and Cameron Diaz to Jennifer Aniston and Naomi Watts, a new breed of 40 and 50 plus women are redefining not just what an ageless body looks like, but what's entailed in achieving it. A dramatic shift in body expectations in the last few years means that, despite being plagued by a slowing metabolism and a naturally-occurring loss of muscle mass, pre- and post-menopausal women can realistically aim for the healthy, well-functioning body they crave as well as a physique that looks good with a flat stomach and sculpted arms. Peta Bee and Dr Sarah Schenker are the living embodiment of this new breed of woman: both in their forties with children, both with hectic careers and social lives. And both with the same bodies they had in their 30s. What matters, they have discovered through self-experimentation and trawling the scientific literature, is how you go about holding back the years. And the rules - for both exercise and diet - have changed.

Book Information

File Size: 7770 KB

Print Length: 272 pages

Publisher: Bloomsbury Sport; 1 edition (December 31, 2015)

Publication Date: December 31, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B0188PG566

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #963,490 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #94

in Books > Health, Fitness & Dieting > Aging > Exercise #2613 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health #2850 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

Customer Reviews

Very dry reading and absolutely no new or interesting information. Everything in this book is

recycled material. Exercises shown are planks and squats? Really? Nothing in this book that I haven't read in magazines over the past ten years.

[Download to continue reading...](#)

The Ageless Body: How To Hold Back The Years To Achieve A Better Body Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock Common Core Achieve, Mathematics Subject Module (BASICS & ACHIEVE) 3 Weeks To A Better Back: Solutions for Healing the Structural, Nutritional, and Emotional Causes of Back Pain (The Sinett Solution) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Self-Defeating Behaviors: Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back Ageless: The Naked Truth About Bioidentical Hormones Ageless Spine, Lasting Health: The Open Secret to Pain-Free Living and Comfortable Aging Strength Training Past 50 - 2nd Edition (Ageless Athlete Series) Prime for Life: Functional Fitness for Ageless Living The Original Beauty Bible: Skin Care Facts for Ageless Beauty Cycling Past 50 (Ageless Athlete) Chicken Soup for the Grandma's Soul: Stories to Honor and Celebrate the Ageless Love of Grandmothers (Chicken Soup for the Soul) Dancing with Dragons: Invoke Their Ageless Wisdom & Power Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom Better Bones, Better Body : Beyond Estrogen and Calcium BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language)

[Dmca](#)