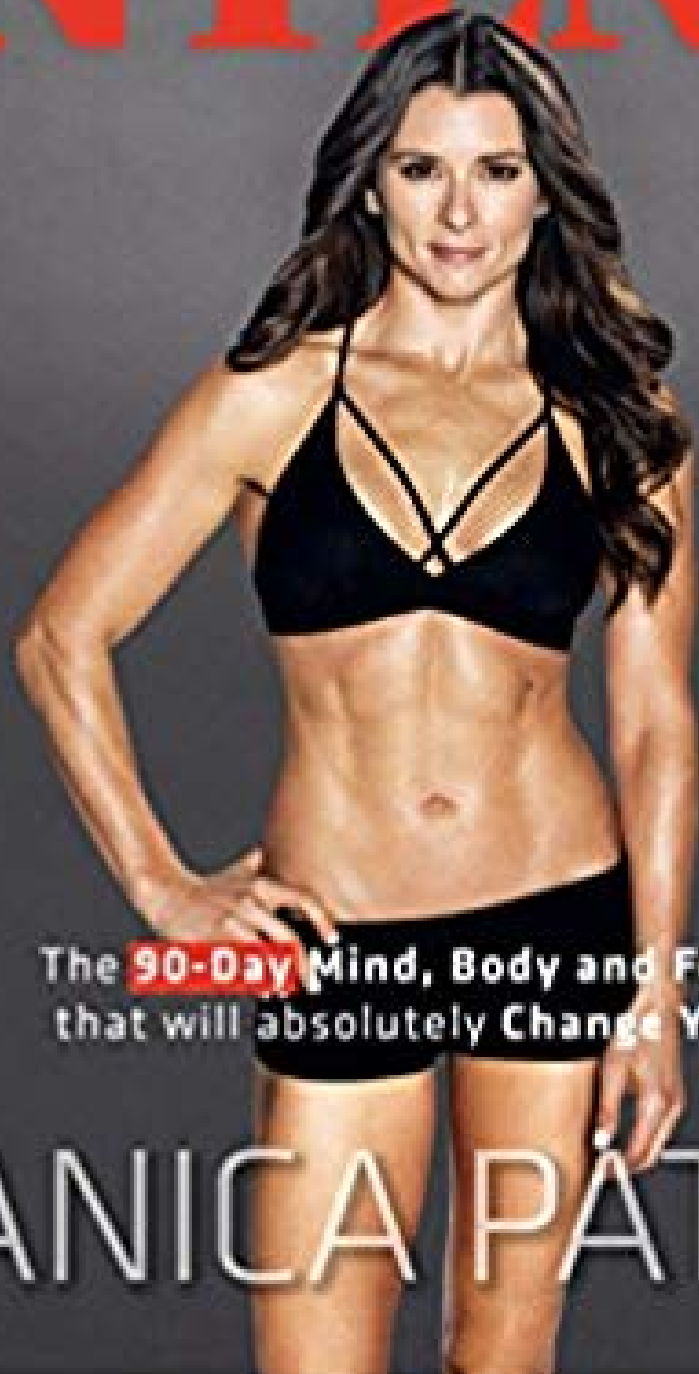


# PRETTY INTENSE



The **90-Day** Mind, Body and Food Plan  
that will absolutely Change Your Life

DANICA PATRICK

with Stephen Perrine

Danica Patrick

**Pretty Intense: The 90-Day Mind, Body and Food Plan that will absolutely Change Your Life**



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America's NASCAR standout gives a 90-day program to sculpt your body, calm your brain, and achieve your greatest goals. Everything Danica Patrick will be is Pretty Intense. A top athlete in her field, not forgetting a fan favorite and the first girl to rule in her male-dominated sport, Danica approaches every part of lifestyle with the utmost intensity. You will learn to pursue your sights high, confront problems and setbacks with confidence, and cross the finish line each and every time. Danica's 90-day high-strength workout, protein-rich, paleo-inspired diet program, and mental-conditioning program are certain to get you leaner, stronger, and healthier than you've ever been before. By combining full-body training and stretches, her accessible workouts hit the holy trinity of fitness: strength, stamina, and flexibility. Her plan can help you reach your highest potential. Today, she demonstrates how you can apply her daily principles and transform your daily life for the better--and have fun while doing it. Whether your objective is a stronger primary, better skills in your kitchen, or a advertising at work, Danica's Pretty Intense. Bolstered by a personalized eating plan for all-day time energy, her program may also help you cultivate a mindset for limitless success.



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**AN AUTHENTIC Lifestyle Change** I've had the publication for a week and have been using it since day time 1. Love, love, LOVE this book! It's easy to read, it's actually the first book I have go through from cover to cover in a single day time. I fell off my workout routine some time back and wanted something to motivate me to get back on track. Nothing ground breaking here. What I mean by that is usually it gives you food recommendations and ideas to follow, but you can customize it to your needs and daily plan. The book offers you a great, realistic 90-day workout plan and combined with the meal suggestions, this can easily become a way of living change. This is simply not a "diet" strategy, this is about changing your outlook on the way you exercise and eat. It's quite simple, all you need is about 30-40 a few minutes and eat real meals! Thanks Danica to be so real when composing this book. Pretty Intense differs I partisipated in the initial pilot because of this program and also have anxiously awaited the reserve release. Danica Patrick's Pretty Intense is a must have book for anybody interested in improving their lifestyle choices. I personally have done a lot of applications myself, and failed miserably. All of this book does is just rehash common Keto diet knowledge which a lot of people know. It's about consuming clean, simple and training at a rigorous level. Change is what models this apart from other programs. With PI you hardly ever are carrying out the same workout or consuming the same food. As somebody in the medical career, I appreciated just how much research can be used throughout. Very useful book. body. We all start with how exactly we want to appear, but first we need to evaluate mentally where we are! The exercise component eases you in but is definitely in no way easy!. Life changing book! But it's not, she writes truthfully and in a conversational method. I really love the food section and how she explains what seasonings and spices go well specific meats and vegetables.. Great book!! Congrats on creating a program that functions! That the workouts are just about 30mins certainly helps this busy mother out! I love that the exercises are demonstrated in video on the Fairly intense website. I opened it up, looked at the contents and was not impressed. I haven't tried the recipes however but they look delicious :) Throughout I enjoyed this book and look forward to this plan. Patrick but I believed this would another celebrity reserve that touted doing some weird diet, program or scientific jargon merely to sell their brand!. Great guide about what foods to avoid, eat more of and less of and why. The book is amazing! Pretty good Overall great info. Great book and filled with great way of life tips. I would recommend it to anyone! Not just physically, but emotionally and mentally. It proved to me that I can do anything. Your better off just saving your money and utilize the 5 Keto diet books you already very own like myself. By the end I could do a lot more than I ever dreamed!. I love all the dishes, and personal stories! Some of who I know! This book and plan seriously change my life, and my wellness. I possibly could not believe just how much progress I saw!!!! I actually thoroughly enjoyed the reserve. You have versatility and for me that is huge. It isn't simply opinions. I'm so glad I purchased this book This book really connected with me on so many levels!! I really do need to mention the area of the reserve where she works out twice a day!. Truthfully, I had high expectations because of this book after hearing Danica about the Joe Rogan present. That episode definitely changed my estimation of her. This publication is not just about the excersize it hits on the emotional drive that she has used for herself. Well that's how she got me personally to buy her book. But after hearing the episode she is very feminine, right down to earth, and seemed really nice. Main reason I love this book is basically because it retains your hand just enough. Pretty Intense is different, there aren't a million restrictions or rules to check out. With a lot of photos of Danica Patrick in her brief shorts. Talking about how she computes twice a day!! If you want to tone your body this is the program you will need! I started not really being able to do a single pushup. She might be able to get away with that but at some time your body will break down and you will get injured. Usually do not buy this publication! IMO wii idea for many people with normal jobs. True there are no pics of her in her brief shorts in my outdated books but FYI there is a lot her doing that on Google images for free. Especially when you begin approaching your 40s like she is. I started to observed this when I hit 35 for some reason little nagging injuries wouldn't normally heal like they utilized to. Your body needs to rest between exercises it is a successful fact!! The book leads with a whole section dedicated to getting your brain right for change, something a night shift nurse like myself really needs. I am so motivated to create this work and have a totally different attitude to excersize and eating! Before hearing the episode I idea she was a stuck up mean entitled tom boy person. 06 in refund when returned. I'm so glad I bought this reserve! 89 and received \$12. Inspiration and motivation as well as yummy recipes! I just wish she had even more recipe options and meal structure planning!! Jumping from chapter to chapter trying to find the

“challenge “ and just not reader friendly. Hands down Love the 12wk program! I was so excited to observe how the publication came together. That is an excellent, easy read, filled with motivation and positive reinforcement and not simply a New Years resolution to give up on come February. Noticed a huge difference in how toned my butt, thighs, abs, and arms look that i wasn't obtaining from my spinning bicycle! 06 . I was one of the lucky people who surely got to perform the trial.! Loved the workout plan she uses though. If you're likely to buy a book head to Barnes and Noble or somewhere else where you can come back it for a full refund when it is not what you thought it was going to be. Not really a book I'm going to keep Tough to follow.! I love the photos for motivation, but it began to look like an image album of the writer. I'm always enjoying the latest fitness books and magazines and it's definitely not something a newbie would find useful. I actually will use it for a long period and ship period was perfect. I think this book is a wonderful collaboration of mind & I will make use of it for a long time and ship period was perfect. Actually after doing this program and knowing certain aspects about it, I was impressed by the overall book. The program works! I paid \$17.89 and received \$12. Appreciate you Danica! I recommend this book! Better than I thought I got this today and really was impressed with how great it had been, not knocking Ms. I paid \$17.! Personally i think that is the Essential I have always been missing! I discover pictures never really show proper type although might help remind what a fitness is. I like the format and interesting nutrition ideas Very informative, I really like the format and interesting nutrition ideas!



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