

LIFT LIKE A GIRL



**BE MORE,
NOT LESS.**

NIA SHANKS

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Lift Like a Girl: Be More, Not Less.



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“simplicity and power”= sanity restored Let me be clear: the workout program in this book *alone* will probably be worth ten times the price of the book (and Nia's workout plans often sell for that much or even more). When you have no curiosity in nutrition recommendations or readjusting your mindset, then buy the book just for the lifting timetable. The incremental progressions recommended have helped me find gains like no other. I caused a trainer for a while, but it was expensive and inconvenient to where I live... Everything I love about Nia's programs are in this book - it's . Excellent resource for all us Gorgeous Bad\$\$es. Nia does not just offer workout plans. She provides an exit ramp from the Insanity superhighway (pun meant). She was, and is still, a remedy to prayer for me. After giving birth to my last child at age 42, I had 70 post-partum pounds to shed and a metabolism that wasn't cooperating. I also struggled with an unhealthy obsession with food. once and for all I used to have the all or nothing mentality when it found fitness and nutrition. Nia shares the skills and techniques she utilized as she led herself to healthier options and a healthier life. I lost pounds. I was proud. I am stronger. I Lifted "Totally free" Weights When Very Few Women Were In The Gyms Where I Was! I found lifting programs on the internet, however they often involved long workout sessions. After spending a couple of years running (not an activity I enjoy), I made the shift to weight lifting at the delightful pre-menopausal age of 46. I know that may audio overly dramatic but for any other girl out there who has battled to get the balance between food, lifting and cardio begin here today! I proceeded to go off the rails with low-carb and struggled to locate a way of taking in that didn't involve counting calories or calculating macros...or forgoing whole food groups. Because I was inexperienced, I didn't understand how to alter the workout routines to fit my needs, or which lifts were most effective or efficient. But there is more. There are no food fads found. Her workout and nutrition philosophy were entirely different from anything else I'd run into. She emphasized simple exercises and a straightforward method of eating.! Her composing feels a natural extension of the procedure Nia underwent during her very own transformation from a miserable girl with an eating disorder to a strong function model. Her insights are born from painful experience and a deep compassion for people. She's walked the street from obsessive workout and disordered consuming, to presenting a love on her behalf body and the things it can do. Overall, the LLaG book reflects the LLaG system: it focuses on the total girl without shame. This book is Nia's "magnum opus": the distillation of years of work into one volume. This book spoke to my soul If you're a yo yo dieter and have been seeking to get off that roller coaster, this is a great publication to read.s. style is refreshing also to the point. I possibly could feel her pain and her triumph. What you will find may be the encouragement that you, as well, can develop a strong body by performing a few big movements on a regular basis. There's always a fresh food fad, a new program guaranteed to truly get you the body of a fitness model in only six weeks, or another gadget to get that will modification your daily life. The included work out program included in the publication and is doable actually for someone like me who regarded as herself to be an unathletic clutz. As 2 OF THE Amazing Guys Attempted To Get Me To Compete, THEY MIGHT Always Say, "YOU DO NOT HAVE The Hormones To Appear Masculine". I give Nia's philosophy and workout applications all the credit. If you've under no circumstances lifted before, if you've lifted for a long time, if you're a "mature" girl, if you're a Millennial—this publication will offer you a unique, and desperately needed, mental perspective along with as much physical problem as you wish. Whether you will need sanity in your workout routines, or a place to begin—you possess arrived....Edit: We liked the workouts, therefore i ended up buying the publication in paperback therefore i can bring it to the fitness center with me. Everything I like about Nia's applications are in this reserve - it's a sane, fair, sustainable, effective method of being fit. No more burning up out, cycling through intense diet plans, or getting injured. There Were Only 2-3 Feminine Searching Weight-Lifters'; This book outlines Nia's journey that shaped her philosophy about fitness, and its a journey that lots of people might recognize at least part of. Instead, her guidelines are centered around the idea of striving to be *even more* -- more strong, much

healthier, even more accepting of yourself. And most significantly, you'll have a skilled fitness coach who will educate you on to love the body you possess for what it can do—one rep and one weight increment at a time. Let me start with my bias - I have followed Nia Shanks' blog for several years and have purchased a lot of her workout courses. Worth every penny. You Decide! I've followed Nia Shanks for awhile and I really like her function. Also, Because THERE IS So Much Mis-Information Floating Around, The Female Weight Lifters Tended To Adopt Male Habits [Especially, When It Came To Supplementation; Fantastic lifestyle and lifting. Definitely purchase this book Best book about retiring the way we think about health/fitness and diet culture Weightlifting or Self-Help Reserve? In the 1st chapters, it reads such as a great autobiography. Nia is normally gifted in the usage of positive psychology (not to be baffled with "considering positive"). I implemented a strict low-carb diet plan. Her passions speak loudly. Her writing is both concise and heartfelt; You won't find ego, you earned't find strict guidelines and you won't discover marathon workouts. I cannot recommend the book highly enough! The worthiness of LLaG resides in the data based, sustainable, useful principles she outlines. As the publication progresses from the "why" to the "how", Nia provides ample evidence behind her recommendations. And that is what she provides, at least in the diet section - recommendations. There aren't guidelines to violate, duties to fail, or Guidelines from On Great. Her citations are from trustworthy sources. That's when I discovered Nia. Her compassionate, no-BS method of fitness and nutrition conveniently translates to other aspects of life. Nia provides a lot more specific detail regarding the recommended weight training program. Her strategy should allow newbies to start with confidence. I use the term "should" deliberately - I did so not read this reserve from a beginner's standpoint. The diagrams and descriptions are clear without having to be tiresome. Something I will probably mention - I am practicing the LLaG Phase 2 workout for about 5 months. I could tell you that my body offers reshaped itself. I am grateful to Beachbody for giving me options when I felt pretty hopeless about change. I have better endurance. I can do the points I love much more effectively. She has a driving passion to help others attain the same. The book does a great job of dismantling many of the common message we obtain from the fitness industry that profits from our insecurities. It discourages shame. It can help me moderate my internal monologue, in a way that I talk right down to myself significantly less frequently. Because of the LLaG program, I'm more; I'm nearer to the best edition of me. It's a great book. Go through it. You will not be losing your time. Finally a book not really a written to profit from our insecurities Common sense, moderation, and persistence - these are three things you don't see enough of in the world of health and fitness. You'll find nourishment advice that involves a basic, right down to earth method of eating—and considering about—food. If you're looking for a quick fix or a promise that you can make your body look like someone else's body, then don't bother with this publication.. "Lift Like a Woman" will motivate you to eliminate the deficit mindset - and concentrate on what your body can perform. When you do this, you can prevent fixating on the behaviors that aren't sustainable rather than healthy - aggressive exercises that require hours in the gym, restrictive eating plans that dominate your daily life, and the all-or-nothing mindset that often leave you feeling such as a failure. It supports empowerment. We need not acknowledge that dieting is just what happens when you're a woman, or that workout is punishment for consuming food items. Her straight-shooting, no b. This book changed my perspective on fitness. Her suggestions and recommendations aren't to accomplish a million deadlifts and consume baby carrots all day long. If you're searching for real talk, then proceed. I did so P90x—six days a week, an hour or even more each day, for 90 days. If I "slipped up" and ate a cookie, I'd eat junk for the rest of the day. If I did not wake up early enough for my workout, I would instantly become demotivated. This got me a to vicious cycle, and I certainly hated my own body and I hated how I sensed about myself. Thank God I Was Blessed With Having Men Around Me; This book was just what I required. Nia's perspective on health and fitness is so simple, it had taken my breath away. We have been showered by pictures of "perfect" women on social media and magazines that people

forget the true reason of why we are trying to consume healthy and training. Nia's book help ground me back again to reality, my reality. I needed to look after myself, to get more powerful for myself, also to eat the best I could for myself. Although I just applied her teachings for a couple weeks before I acquired back to my vicious cycle, it planted a seed in my own head. Today, after a few a few months of heading back to my vicious cycle, it's been 5 weeks since I binged and 5 weeks since I started working out consistently (only 2-3 times a week). Life Changing Approach I have never written a book review before until Lift SUCH AS A Girl. Nia's simple, straightforward and sane method of lifting, cardio and nutrition will change your daily life. I loved the feeling I got from lifting large weights, but I sensed lost and by myself. You can also leave with a new way of viewing meals, setbacks, mindset, inspiration, and adaptation. I feel better in my skin and look much better than I ever at age 48. Better Than A GUY Writing I Really Liked The Way In Which Nia Wrote HER PUBLICATION; PARTICULARLY WHEN Describing How Females Think & Respect Themselves. Nevertheless, after completing a second round of the "X" I recognized that this kind of workout schedule had not been sustainable for me. Maybe, 1 Or 2 2 Were Occasionally There At VARIOUS DIFFERENT Times Of Day Or Night. I received an advanced copy of the reserve and I wrote the foreword (I wouldn't possess written it if I didn't think this publication was filled with awesomeness). Whether "Natural", Medications, Or Mixed]. Follow this program, be patient and constant and get results. Including Winners Of International Body-Building Competitions. One day I got fed up and spent a couple of hours looking through various self-help books and in some way I ended up scanning this publication. Both As Spotters' SO WHEN Owners' Of Gyms That Taught Me The TRUTH!! But beyond that she insisted on a new thought process about exercise and food, a way that centered on getting kind to myself and understanding how to love the process to become strong. Now, in age 48, I could say We am the strongest I've ever been in my life, and for the first time We am creating a healthy relationship with food. And, "YOU SHOULDN'T BE Concerned About JUST HOW MUCH Weight You Can Lift". That Was In My Early 30's. I Never Competed, BECAUSE OF Horrible Stage Fright; Although Fortunately, 2 Of These Dear Males Helped Me Attain & Keep My "Girlish" Amount. Lift Like a Female outlines a sustainable, rational and proof based lifestyle program centered around attainable nourishment goals and efficient, yet powerful weightlifting. Simplicity, versatility and sustainability - what lifelong fitness success is all about If you're a woman looking for a reserve about flexible dieting - a sane, sustainable approach integrating both the physical and mental aspects of weight loss and fitness, coupled with a simple and short but serious lifting program, you can't go wrong with this one. I picked up Nia's reserve in the hopes to getting an actionable gameplan to take up weightlifting. I'm at a weird, transitional amount of time in my life, and I wanted to start out lifting to get more powerful, feel more in control, and develop healthy practices. I did not pick up Nia's reserve to have my lifestyle and my current situation change, but here we are! It's refreshing and smart.. She's been on the merry-go-round and she displays us how to end spinning around. You'll leave with an actionable, invigorating, basic gameplan to take up weightlifting. Finally, a way of life approach that's sustainable and exciting with great results. The reason the book is so valuable, however, will not lay in Nia's journey. Encouraging and helpful! As a disclosure: I've known Nia for a long time and she's been a guest writer on my blog page. This book ties it all together in an uplifting and reasonable plan for action. I initial discovered Nia's articles on the web a year or two ago and was immediately hooked.



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