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The **Life-Transforming Plan**  
for a Fitter, Sexier You!

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20



POUNDS  
YOUNGER

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20 Pounds Younger: The Life-Transforming Plan for a Fitter, Sexier You!



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Ever wish you could have the very best experts in weight loss, nutrition, fitness, and anti-aging open to reply to your pressing questions-and to coach you to be your fittest, healthiest self? Well, now, it is possible to! Inside you'll find:- The 20 Pounds Younger "Eat Sheet"-a checklist that makes nutritious eating easy- A 6-week get-fit guide to upping your metabolism and strength- Brain tips to overcome cravings, in addition an exclusive mindful-eating workshop- Simple pointers for younger looking epidermis and step-by-stage beauty boosters- Energy-enhancing approaches for reducing tension and sleeping more deeply However now 20 Pounds Younger offers you effective weapons against belly bulge and several other confidence-crushing problems. For women, belly fat is the #1 age accelerator. It plays a part in diabetes, chronic fatigue, center disease-all the inward and outward signals of ageing. Promaulayko presents a plan of action for melting stubborn fats, toning and shaping muscle tissue, and erasing the aging ramifications of stress and poor health habits. You'll get strategies to neutralize cravings and emotional eating and a 6-week strength-training strategy that will tone every inch of your physique and change your body into a round-the-clock fat-burning furnace. In 20 Pounds Younger, Michele Promaulayko shares insider secrets that she learned directly from the country's smartest minds in wellness as the editor-in-chief of Women's Health and now at the helm of Yahoo Wellness, a digital magazine.



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This is a refreshing and smart book in a flood of new diet books that ... Two Stars nothing at all really new here, a lot of filler fluff Five Stars I think this book will end up being filled with useful information. Four Stars Like the book I'm 66 and it had some good idea that I'm dealing with as I age Four Stars Great reserve with great exercises and ideas! Her outlook can be positive, its completely bright and sunny. great book This makes an excellent gift We think, I love the book and I love every page! Just ideal! The workouts in the book were created for women, so they won't help me much, but the diet assistance and psychology of eating info is i'm all over this for me. This is a refreshing and smart publication in a flood of fresh diet books that offer little more than advertising hype. The mindful eating workshop in the appendix will probably be worth the cost of the book by itself. I've taken away many many good information and tips to live by. I am a young woman as well, but I would like to begin right now to keep my own body healthy and youthful. Michelle knows what she's talking about, and her reserve is quite informative, ENCOURAGING, uplifting, and satisfying to read. Perform it for you, if you're wondering if you need it, if you 'need' the help, dont distress, you can start today with the addition of more protein to your diet, reducing carbs prior to going to sleep, and drinking water instead of pop. Little guidelines that go a long enough way to make you start feeling like, "Wow! I really do look better, feel much better, and I've more energy, I think ill join a gym, I think ill buy more fruit and veggies. I think it really is a great reserve for anyone seeking to make a modification in their lives! It doesn't promise overnight success, nonetheless it does provide you with the tools to finally gain control over cravings and overeating when you're not even hungry, which is my problem. It creates you want to meet her personally! Any ladies scanning this review, no matter your age or weight, this publication is worth it. I LOVE this book I LOVE this book! A great publication for anyone seeking to make a modification in their lives! Therefore many helpful tips in fact it is a created in a manner that is certainly simple and easy to follow. I have currently began foam rolling and meditating. Great Gift It's beautiful. This publication is not another fad diet it is a way of life!! Strongly recommend! So many diet plan and fitness books feel like gimmicks. Not this one. I lost 20 pounds with that reserve, but have grown tired of apples." Michelle helps you to like yourself, believe in yourself, and encourages you that you will be capable, not at all that you messed up and you need to fix it. Needs Re-Thinking. Good read Helpful tips on leading a healthy lifestyle good information this book has hordes of good information and tips. This book was actually written for those who are 20 pounds overweight, but the information in it really is nothing new rather than necessarily correct."My wife bought this publication and I'm reading it and I must say this is one of the most honest and realistic diet plan books I've observed in years. Received it quickly as well! I would recommend this reserve to anyone who is seeking to make a health a priority in 2015! I'm just a week in to the 6-week program but have already become more thoughtful about what foods I retain in the house and what I devote my mouth. From the appendix: "Just as you can't wish yourself skinny overnight, you can't miraculously become mindful with simple of your fingers. Three Stars Not really what We expected.! It is though long winded and I finished up jumping to different chapters to obtain the information I was most interested in. I was actually searching for some tidbits that could be something fresh and beneficial. The very best book I've found is "The "3 Apple-aDay" Strategy by Tammi Flynn. It has sensible advise on managing cravings, making healthier choices and creating a fitness regime that works for you. Now I wish to reduce 5 and am searching for just a little new insight. I garnered probably two new thoughts, but for those who are just starting out with their endeavors it might be helpful.



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