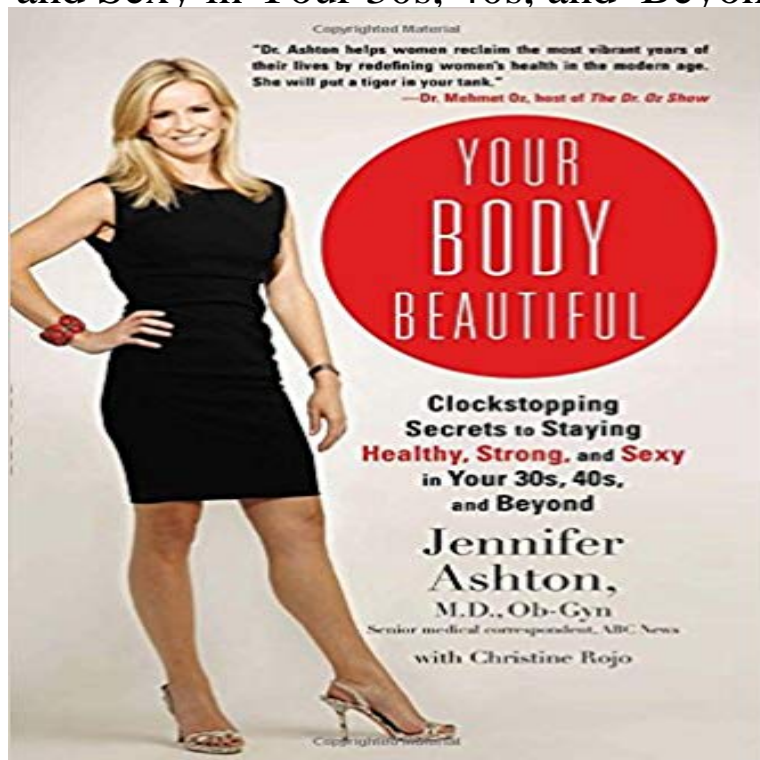


Your Body Beautiful: Clockstopping Secrets to Staying Healthy, Strong, and Sexy in Your 30s, 40s, and Beyond



The popular medical correspondent challenges women to reinvent their health and wellness routines, and to make midlife their most vibrant years. The world is realizing that a woman's thirties and forties can be the most beautiful, energetic, and passionate time of her life. Dr. Jennifer Ashton is America's fastest-rising women's health expert and medical television personality. Here in her health book for women, she outlines a powerful approach to health care that can help unleash new energy, strength, and sexiness. Integrating the latest scientific research, her five-part plan includes: A simple eating regimen tailored for your changing metabolism. A fitness program to help you work out harder in less time. Stress-reduction techniques and simple strategies for relaxation. An effective, step-by-step sleep plan. Prevention advice for reducing your risk of heart disease, cancer, and other potentially fatal ailments. Authoritative yet written in a friendly, girlfriend-to-girlfriend voice, *Your Body Beautiful* and its transformative strategies will help you look and feel more vibrant than ever.

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