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Turn Back Your Age Clock: Look And Feel 20 Years Younger In Only 8 Weeks



Synopsis

Don't get older; get better! Knock 20 years off your biological age in only eight weeks with this highly successful plan from the UK's leading health and fitness experts. Tim Bean and Anne Laing share their wealth of experience to make you look and feel amazing. They offer scientifically based evaluations and routines that focus on skin, diet, and exercise, and explain how to cook healthy meals in just ten minutes; find the time to take care of yourself; and create the right mind-set to start a successful workout program. Illustrated throughout with color photographs and peppered with helpful tips, this much-needed resource is particularly well suited to those trying to get in shape despite busy lifestyles and unpredictable schedules.

Book Information

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Customer Reviews

Turn back your Age Clock is the best Health and Fitness book I have read, it gets to the point and gives you all the techniques and tools you need to turn back your body clock, to look and feel years younger. The authors, Tim and Anne are experts in their field, without a doubt the information makes sense, gets to the point and is simple to follow. A great, easy read which you can put into action and get results ! I highly recommend this book.

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