



## Chicken Soup for the Soul: Say Hello to a Better Body!: Weight Loss and Fitness for Women Over 50

By Dr Suzanne Koven

Chicken Soup for the Soul Publishing, LLC, United States, 2013. Paperback. Book Condition: New. Original.. 194 x 126 mm. Language: English . Brand New Book. Full of inspiring stories, helpful tips and expert medical advice, Chicken Soup for the Soul: Say Hello to a Better Body! will encourage and support readers in their weight loss and fitness goals. It can be hard for women over 50 to lose weight and stay fit. Bodies change and old strategies just don t seem to work anymore. But readers can find hope, encouragement and practical advice in this new book. Women share their stories and tips about new eating habits, exercise and motivation as they deal with obstacles such as menopause, problems sleeping, stress, osteoporosis and arthritis. Plus helpful medical information from Harvard Medical School professor and weight management specialist Dr. Suzanne Koven.



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### Reviews

*Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Timothy Lynch**

*A top quality publication along with the typeface utilized was intriguing to read through. It is amongst the most awesome pdf i have got read through. Its been developed in an remarkably straightforward way and it is only right after i finished reading this publication in which actually altered me, modify the way i believe.*

-- **Don Pacocha**