



Fight Fat After Forty: How to stop being a stress eater and lose weight fast (Paperback)

By Pamela Peeke

Little, Brown Book Group, United Kingdom, 2003. Paperback. Condition: New. Language: English . Brand New Book. It s not only food and inactivity that can make you fat in midlife - so can stress. After the age of forty, the accrued stresses of a lifetime and the inevitable onset of the perimenopause begin to take their physical toll on a woman. This toxic stress builds emergency fat inside the body and leads to bad eating regimes, particularly in the over-forties. In Fight Fat After Forty renowned clinician and scientist Dr Pamela Peeke explains her revolutionary plan for fighting stress-eating and shedding toxic weight forever. Reveals that stress makes you fat! Offers a revolutionary three-pronged approach of stress-resilient nutrition, stress-resilient physical activity and stress-resilient regrouping (keeping motivated) Helps you identify your stress profile and eating pattern and offers a healthy eating programme to suit your body. Contains a weekly exercise and stress-reducing programme* Helps you to boost midlife metabolism and lose weight fast Discover how to: * Attack weight with a week-by-week stress-reducing nutrition, exercise and motivation programme * Identify your stress profile and follow the eating programme that suits your body * Boost your midlife metabolism and lose weight fast!.



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