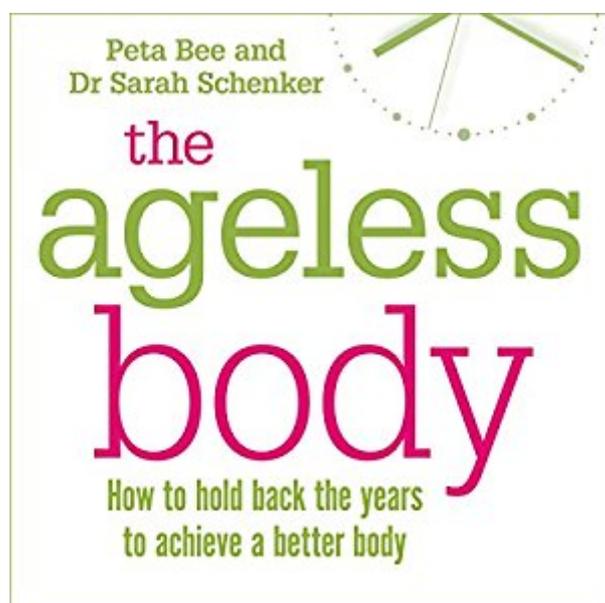


The book was found

# The Ageless Body



## Synopsis

Discover the new goals and new rules that are the route to a healthier, better looking and better functioning body. For life. From Gwen Stefani and Cameron Diaz to Jennifer Aniston and Naomi Watts, a new breed of 40- and 50-plus women are redefining not just what an ageless body looks like but what's entailed in achieving it. A dramatic shift in body expectations in the last few years means that despite being plagued by a slowing metabolism and a naturally occurring loss of muscle mass, pre- and postmenopausal women can realistically aim for the healthy, well-functioning bodies they crave as well as physiques that look good, with flat stomachs and sculpted arms. Peta Bee and Dr Sarah Schenker are the living embodiments of this new breed of woman: both in their 40s with children, both with hectic careers and social lives. And both with the same bodies they had in their 30s. What matters, they have discovered through self-experimentation and trawling the scientific literature, is how you go about holding back the years. And the rules - for both exercise and diet - have changed.

## Book Information

Audible Audio Edition

Listening Length: 6 hours and 52 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios for Bloomsbury

Audible.com Release Date: August 18, 2016

Language: English

ASIN: B01JBA4EX8

Best Sellers Rank: #203 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #579 in Books > Audible Audiobooks > Health, Mind & Body > Health #729 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

## Customer Reviews

Very dry reading and absolutely no new or interesting information. Everything in this book is recycled material. Exercises shown are planks and squats? Really? Nothing in this book that I haven't read in magazines over the past ten years.

[Download to continue reading...](#)

The Ageless Body Ageless Body, Timeless Mind Neo Leo: The Ageless Ideas of Leonardo da Vinci

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma A Body's Anatomy: Human Body Coloring Book My Body, My Self for Boys: Revised Edition (What's Happening to My Body?) The Ultimate Guys' Body Book: Not-So-Stupid Questions About Your Body The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body Best Body Cookbook & Menu Plan: You're 52 days away from Your Best Body My Body, My Self for Girls, Revised 2nd Edition (What's Happening to My Body?) Adventures Beyond the Body: How to Experience Out-of-Body Travel The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World Trail Guide to the Body Flashcards Vol. 2: Muscles of the Body Anatomy: A Regional Atlas of the Human Body (ANATOMY, REGIONAL ATLAS OF THE HUMAN BODY (CLEMENTE)) A Photographer's Guide to Body Language: Harness the power of body language to create stronger, more meaningful portraits and create an experience your clients will rave about Essential Oils Set #6: Body Butters, Homemade Body Scrubs & Masks for Beginners: Natural Remedies Body Butters for Beginners [2nd Edition]: Proven Secrets to Making All-Natural Body Butters for Rejuvenating and Hydrating Your Skin Human Body: Human Anatomy for Kids - an Inside Look at Body Organs Body Bags: Body of Evidence Series #1 The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body

[Dmca](#)