



## 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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