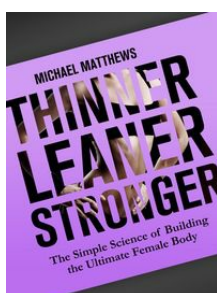


THINNER LEANER STRONGER: THE SIMPLE SCIENCE OF BUILDING THE ULTIMATE FEMALE BODY

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increasing protein intake improved appetite control, but meal frequency (three vs. six meals per day) had no effect. Michael Matthews, Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body //

Reader's Opinions

This is the first Fitness book I never got bored of and finished. It's THAT interesting. Mike Matthews knows his deal. He's an experienced and science-based trainer who busts myths after myths after myths. Before reading this book I felt like I was lost and had no idea what I was doing. This book goes through the do's and don'ts for EVERY...

This book was a game changer for me. In a nutshell, this book teaches you how to be fit. Not like yoga mom fit, but a step below body builder fit. I would place it in the intermediate/advanced category of fitness. It's deemphasizes the endless cardio that women typically do and shows you how heavy weightlifting is...