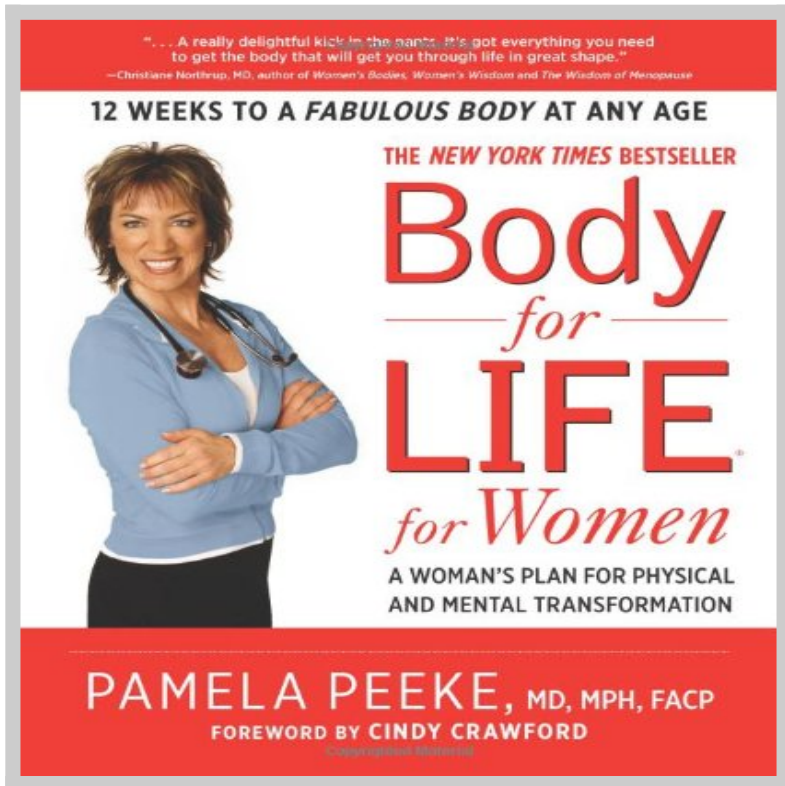


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Body Life Women Physical Transformation Book Preview

Drawing from cutting-edge research in gender-based medicine, women's health expert and best-selling author Dr. Pamela Peeke tailors the original Body "for" LIFE program to the unique obstacles women face. With stunning before-and-after photos and testimonials providing motivation and inspiration, *Body "for" LIFE for Women* features a 12-week Mind-Mouth-Muscle eating, exercise, and emotional health program for women to help them achieve optimal health during their hormonal milestones.