



20 Pounds Younger: The Life-Transforming Plan for a Fitter, Sexier You!

Michele Promaulayko, Laura Tedesco

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Ever wish you could have the top experts in weight loss, nutrition, fitness, and anti-aging available to answer your pressing questions—and to coach you to become your fittest, healthiest self? Well, now, you can! In *20 Pounds Younger*, Michele Promaulayko shares insider secrets that she learned directly from the country's smartest minds in wellness as the editor-in-chief of *Women's Health* and now at the helm of Yahoo Health, a digital magazine. Promaulayko presents a plan of action for melting stubborn fat, toning and shaping muscle, and erasing the aging effects of stress and poor health habits.

For women, belly fat is the #1 age accelerator. It contributes to diabetes, chronic fatigue, heart disease—all the inward and outward signs of aging. But now *20 Pounds Younger* gives you effective weapons against belly bulge and many other confidence-crushing issues. You'll get strategies to neutralize cravings and emotional eating and a 6-week strength-training plan that will tone every inch of your physique and turn your body into a round-the-clock fat-burning furnace.

Inside you'll find:

- The *20 Pounds Younger* "Eat Sheet"—a checklist that makes nutritious eating easy
- A 6-week get-fit guide to increasing your metabolism and strength
- Brain tricks to overcome cravings, plus an exclusive mindful-eating workshop
- Simple pointers for younger looking skin and step-by-step beauty boosters
- Energy-enhancing techniques for reducing stress and sleeping more deeply

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