

[PDF] Your Best Body Now: Look And Feel Fabulous At Any Age The Eat-Clean Way

Tosca Reno - pdf download free book

Books Details:

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Author: Tosca Reno

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Description:

From Publishers Weekly With her Eat-Clean Diet series and Oxygen magazine column, Reno has enlisted thousands of women for an intensive regimen of diet, weight training, and self-motivation. Here, 51-year-old Reno and a team of experts--fitness publisher Robert Kennedy, Beverly Hills physician Uzzi Reiss, psychologist Michelle Gannon, plastic surgeon Trevor Born, and makeup artist Carol Shaw--tailor her program for women, primarily wives and mothers, approaching middle age. Her promise: by taking center stage in their own lives, readers can make age 50 the new 30. In chapters on health, diet, fitness, beauty, and self-esteem, Reno amplifies Eat-Clean principles with specific tactics for readers in their 30s, 40s, and 50s. Spotlights on celebrity role models (Oprah, Goldie Hawn, Halle Berry, etc.) and first-person success stories from more typical women raise the

inspirational bar. While sensible and doable, the eating plans, recipes, workout routines, beauty tips, and mood boosters are trumped by Reno's irresistible call to action. Reno's personal transformation from overweight, depressed housewife to fitness competitor, model, and TV host is persuasive, as are her age-defying physique and charismatic personality.

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About the Author Bestselling author, magazine columnist, and 50-year-old swimsuit and fitness model, Tosca Reno, has spent the past decade putting her principles of eating clean, health, fitness, and mind/body/spirit wellness in motion in her own life, as well as those of her devotees.

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