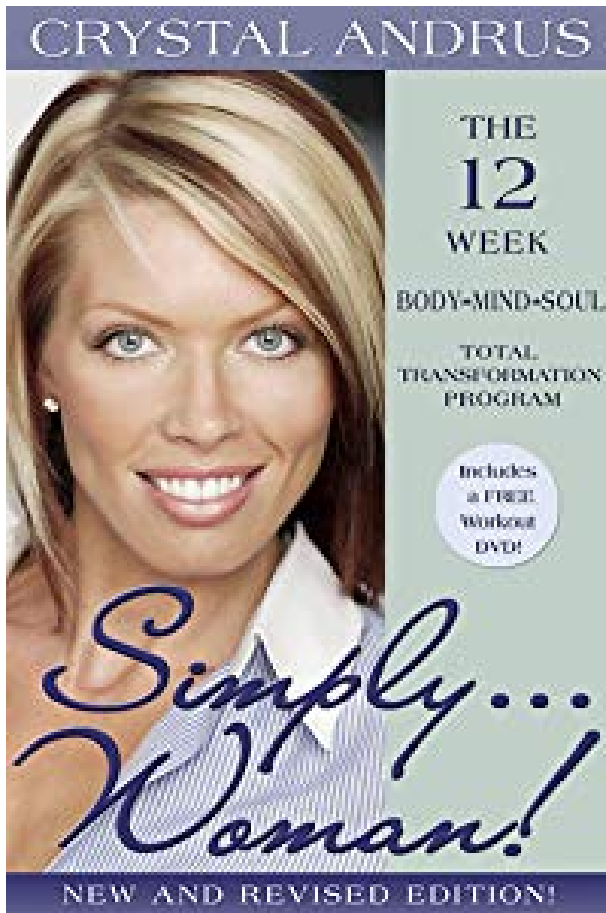


# Simply...Woman!: The 12-Week Body/Mind/Soul Total Transformation Program



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Simply . . . Woman! is a week-by-week body/mind/soul total transformation program that encompasses every facet of a woman's life. From her daily demands and frustrations to her wants, needs, and fears, this revolutionary plan elevates the experience of weight loss far beyond the physical. With 70 steps, which are gently laid out over 12 weeks, this book effectively empowers women to take back control of their health, discover their passion, override their fears, and create a life filled with joy and serenity—thin thighs are just the by-product! Included in this 12-week total transformation program are: 10 Steps to Living with Authenticity, 25 Top Fat-Burning Secrets, and the Tight & Toned Workout DVD. Unlike anything you've ever tried before, Simply . . .

Woman! will truly transform your life from the inside out!