

Total Body Transformation: Lose Weight Fast-and Keep It Off Forever!

Michelle Bridges

NEW YORK TIMES BESTSELLER

Get ready for a Total Body Transformation!

Meet Michelle Bridges, the straight-talking star trainer of Australia's *The Biggest Loser* and founder of Australia's #1 online weight-loss program. With her 12-Week Body Transformation, Michelle has inspired her countrymen and women to lose more than two million pounds.

Now, in *Total Body Transformation*, she shares her unique exercise, nutrition, and mindset program, which will give you the power to transform your body in just 90 days. Her goal: To help you lose weight rapidly and keep it off for good. Join the hundreds of thousands of people who have already discovered the magic of her method and get the skinny on

Diet: Michelle combines nutrition know-how with delicious, easy-to-make recipes and sensible meal plans—even pasta!—that minimize calories and maximize your eating pleasure. Enjoy Homemade Muesli with Yogurt, Salmon Steak with Arugula and Asparagus, Penne with Feta and Lemon, and more—along with healthy snacks to eat throughout the day.

Workouts: The rubber meets the road with Michelle's series of killer workouts devised for quick and dramatic results. You'll learn isolation and toning exercises that build muscle and burn fat, plus ways to sleep your way to a healthier you.

Motivation: Michelle turns conventional thinking about weight loss on its head. People don't struggle emotionally because they're overweight, they become overweight because they are fighting emotional battles. Changing your body starts by changing your mind, and Michelle's mindset lessons and unique techniques for resetting behavior help you lose weight fast and keep it off.

Along the way, Michelle debunks common diet myths (you *cannot* spot-reduce fat!), helps you ditch bad habits (like denial and negative self-talk), and steers you toward setting goals and being consistent. What you lose in weight, you can gain in better moods, improved health, and thriving self-confidence. Combine the science of fast weight loss with life-changing psychology to give your body the total transformation you have always wanted.

Praise for *Total Body Transformation*

“[Bridges] may help you defeat your excuses about exercise (‘Don’t start bargaining with yourself,’ she writes), help you set goals (specific, measurable, achievable, realistic, time-based), and cut negative self-talk. . . . The stunning before-and-after pics of her clients might motivate you.”—*Newsday*

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Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! Summary Details

Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges ebook read online.

This Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this e-book incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges without we recognize teach the one who studying it become critical in imagining and analyzing. Don't become worry Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges can bring whenever you are and not make your carrier space or bookshelves' become full because you can have it within your lovely laptop even telephone. This Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges having great arrangement in word as well as layout, so you will not sense uninterested in reading.

Editorial

The book Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges has a lot info on it. So when you check out this book you can get a lot of advantage. The book was published by the very famous author. This articles author makes some research ahead of write this book. This book very easy to read you may get the point easily after looking over this book. The book Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges can give more knowledge and information about everything you want. So just why must we leave the good thing like a book Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges? Some of you have a different opinion about book. But one aim that will book can give many details for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or facts that you take for that, it is possible to give for each other; you could share all of these. Book Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges has simple shape nevertheless, you know: it has great and large function for you. You can seem the enormous world by available and read a book. So it is very wonderful. Total Body Transformation: Lose Weight Fast-and Keep It Off Forever! by Michelle Bridges

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