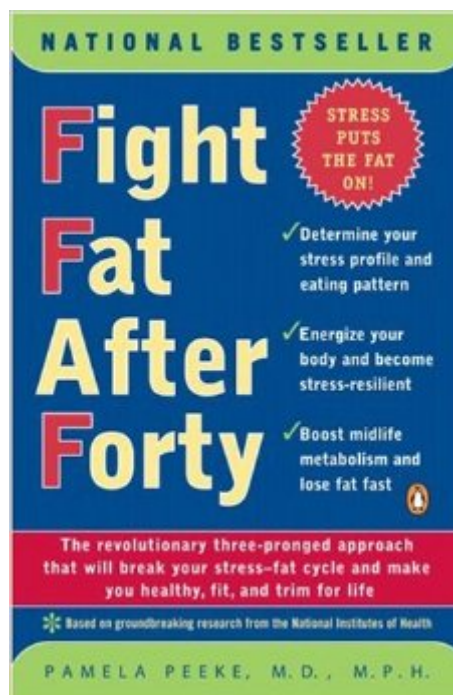


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# Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle And Make You Healthy, Fit, And Trim For Life



## Synopsis

It's a fact: stress makes you fat. Renowned clinician and scientist Dr. Pamela Peeke goes beyond diet and exercise with a lifestyle program that shows women how to stop being diet "POWs" ("Prisoners Of Weight") or victims of "Toxic Stress" and how to evolve into physically and mentally stress-resilient individuals. Peeke helps women identify their stress-eating profiles (Are you a stress-overeater? A stress-under eater?) and explains that to remove weight, you have to lift weight. She explains what to eat and, equally as important, when to eat by navigating the afternoon "CortiZone," the hours of highest vulnerability to stress eating. Learn how to put it all together through the fine art of regrouping. Women can tailor this accessible program to their individual needs using Peeke's three behavior templates: \* Stress-resilient nutrition \* Stress-resilient physical activity \* Stress-resilient regrouping. Dr. Peeke's program is a must for women who want to break the stress-fat cycle that has thickened their after-forty waistlines.

## Book Information

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Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (99 customer reviews)

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in Â Books > Self-Help > Stress Management

## Customer Reviews

To sum up this review- just go buy this book! If you found this book as part of a frantic search for another "diet miracle"...you may have just found it- only in a very different form! For me, the diet books and plans were part of my desperate search for the answers as to how I could manipulate the food, move my body and suddenly (and quickly) escape this burden of fat and unhealthiness. I instinctively knew as I committed to each diet, exercised until I dropped and obsessed about food, something was very wrong with this entire drama. Was I just born with defective will-power? Was my metabolism so slow that a cookie meant no jeans for a week? I just could not find a medically

sound explanation as what in the world was going on and why I kept failing. Being smart, well-educated and tenacious wasn't enough. Having tried so many plans and having purchased an entire library of books... nothing had changed and I was still lost as to how to fix it. The "fat experts" and medical community had let me down and I had no idea what to believe. Every Monday morning I would pledge a new insane plan of attack!"Fight Fat After Forty" IS the answer to this dieting insanity and could be anyone's escape from "dieter's hell". Dr. Pamela Peeke has tackled this dilemma from a scientific- "let's figure this mess out" approach. She actually used "women" in her studies and has based all of her findings on what she and her associates discovered regarding the vicious cycle and patterns of weight management. You will learn exactly what is really happening to you and why the "dieting game" is so destructive and unproductive!

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When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain (Yale University Press Health & Wellness)  
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