

Its 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 Peekes three behavior templates: * Stress-resilient nutrition* Stress-resilient physical activity* Stress-resilient regrouping. Dr. Peekes program is a must for women who want to break the stress-fat cycle that has thickened their after-forty waistlines.

The Little Book of Garden Heroes (Centre for Alternative Technology), Orlando and Florida (AA Spiral Guides), Side Chick Catching Main Chick Feelings 2, Alternative Dispute Resolution: Employers Experiences With ADR in the Workplace, The Oak Openings, Or, the Bee-Hunter, Volume 1, Fossil Conchostraca of the Southern Hemisphere and Continental Drift: Paleontology, Biostratigraphy, and Dispersal (Memoir (Geological Society of America)), Hammer Horror Film Omnibus: No. 2, The Devil in Pew Number Seven: A True Story,

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