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The Women's Health Big Book of Exercises Review. Nutrition. I normally am not a fan of a lot of the mainstream "health" books and magazines, because much of it is still based on the "old" dietary advice of low-fat, high-carb, USDA-based "MyPlate", etc.

Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Men's Health Big Book of Abs and The Women's Health Big Book of Abs by Adam Bornstein and the Editors of Women's Health is the ultimate guide to a leaner, fitter, sexier body-starting with your core.

Covering everything from basic postures to relaxation techniques to avoiding common injuries, The Women's Health Big Book of Yoga is the only guide readers need to achieve their fittest, healthiest, happiest selves.

The Womens Health Big Book

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