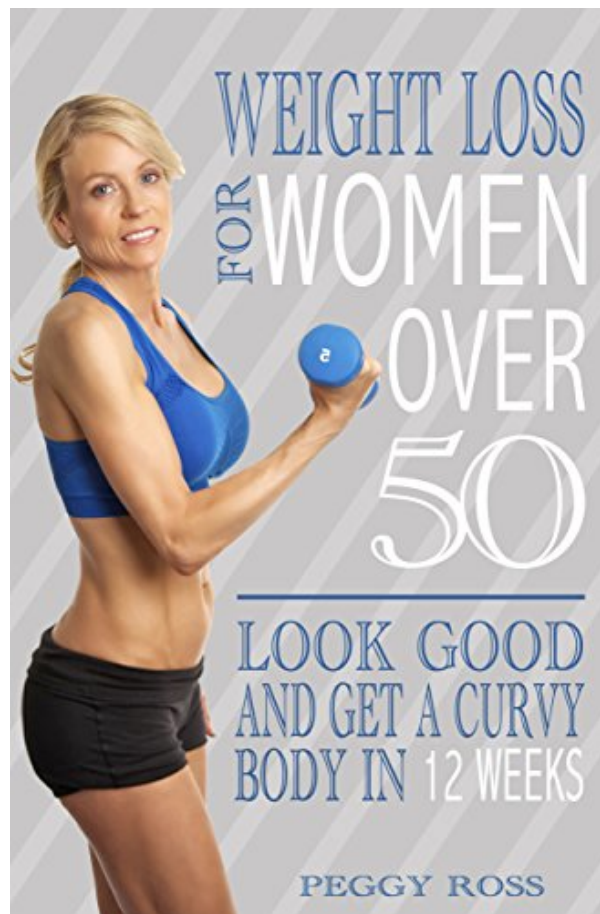
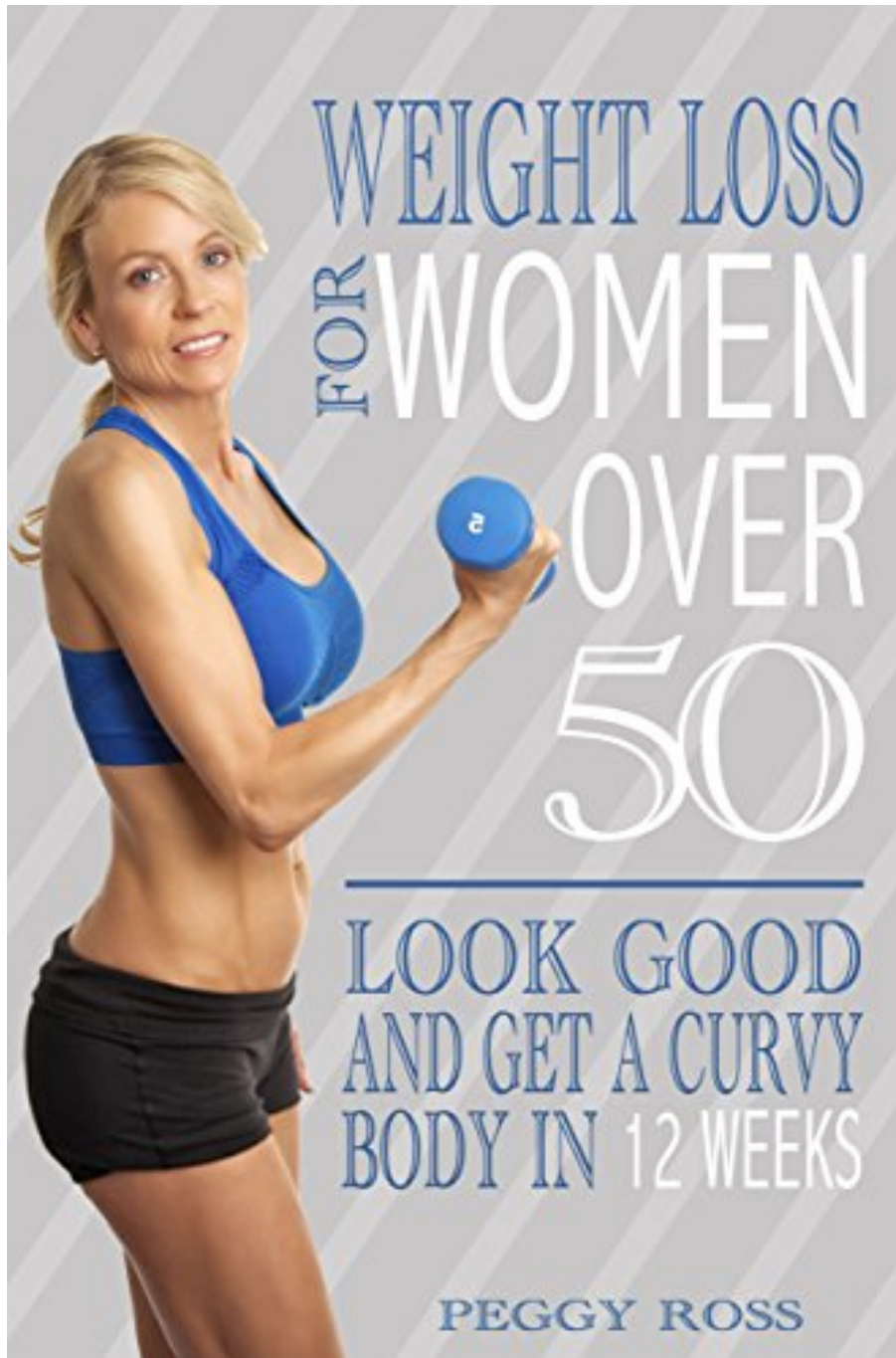


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By Devon

I bought this book as a gift for my mother, who is under the impression that once she turns 50 in the next few months, being fit and attractive will be practically impossible. I love that Peggy is very optimistic and doesn't even let people think the fitness road ends when you hit a certain age. This 12 week program apparently is very involved but the results are amazing. My mom is looking better than ever, but I like this because it has given her the confidence back that she used to have! This is more than a weight loss/ fitness program, it is a confidence booster.

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By Amazon Customer

This is not a book but a bad outline for a book to be.

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