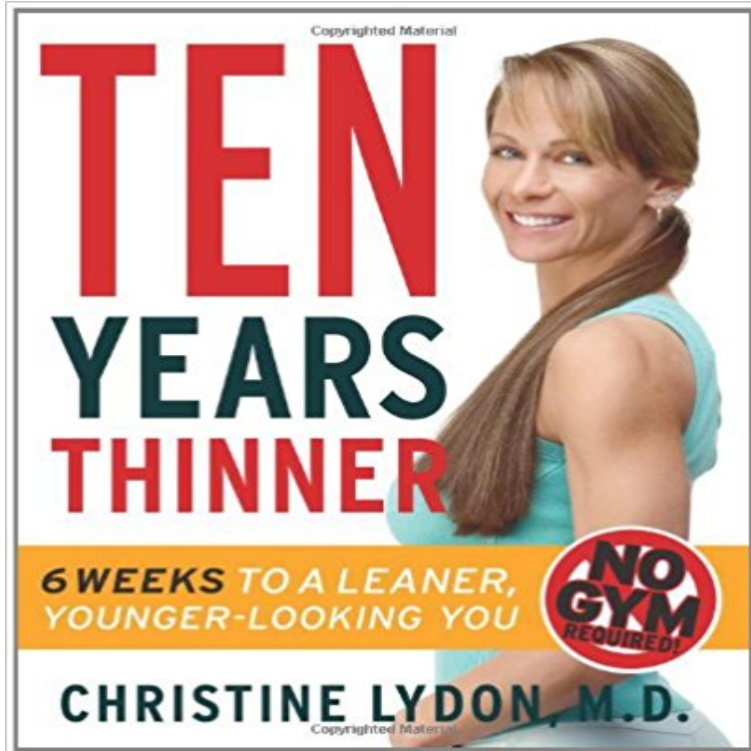


Ten Years Thinner: Six Weeks to a Leaner, Younger-Looking You



What if you could have slimmer hips, firmer thighs, flatter abs, more defined arms, and clearer, younger-looking skin in just six weeks? Based on years of her groundbreaking research and four clinical trials, Dr. Christine Lydon has developed an innovative diet and exercise regimen to burn fat and alter one's body chemistry, resulting in rapid, dramatic results that you will begin to see and feel within the first week. Governed by ten simple dietary guidelines and ten easy, at-home exercises, Ten Years Thinner emphasizes healthy eating from protein, carbohydrate, and fat sources and demands only twenty to twenty-five minutes of hand-weight exercises a day. There is no calorie counting, messy measuring, or complicated points to calculate; the program requires very little initial physical fitness and promises no more boring and time-consuming cardio workouts. With more than thirty-five delicious recipes and sixty-five easy-to-follow exercise photos, Ten Years Thinner is a simple, sustainable road map to the physique you've always dreamed of having!

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