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Fight Fat After Forty presents Dr. Peeke's program, which is based on "Three Sacred Templates." Adding physical activity into daily routines leads to weight loss, better body mass and a more attractive shape. Learning what and when to eat puts a woman in charge of her diet and reduces stress induced cravings. Developing a stress resilient attitude eliminates poor self care and the resulting worry weight and waist syndrome that leads to extra pounds.

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Fight Fat After Forty Penguin Random House

About Fight Fat After Forty 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.

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