



Turn Back Your Age Clock: Look and Feel 20 Years Younger in Only 8 Weeks

Tim Bean, Anne Laing

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Don't get older—get better! Knock 20 years off your biological age in only eight weeks with this highly successful plan from the UK's leading health and fitness experts. Tim Bean and Anne Laing share their wealth of experience to make you look and feel amazing. They offer scientifically based evaluations and routines that focus on skin, diet, and exercise, and explain how to cook healthy meals in just ten minutes; find the time to take care of yourself; and create the right mind-set to start a successful workout program. Illustrated throughout with color photographs and peppered with helpful tips, this much-needed resource is particularly well suited to those trying to get in shape despite busy lifestyles and unpredictable schedules.

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