



Chicken Soup for the Soul: Say Hello to a Better Body!: Weight Loss and Fitness for Women Over 50

Dr. Suzanne Koven

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weight Full of inspiring stories, helpful tips and expert medical advice, *Chicken Soup for the Soul: Say Hello to a Better Body!* will encourage and support readers in their weight loss and fitness goals.

It can be hard for women over 50 to lose weight and stay fit. Bodies change and old strategies don't seem to work anymore. But readers can find encouragement and practical advice in this new book that combines inspiring Chicken Soup for the Soul stories written just for this book and accessible leading-edge medical information from Harvard Medical school assistant professor and weight management specialist Dr. Suzanne Koven.

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