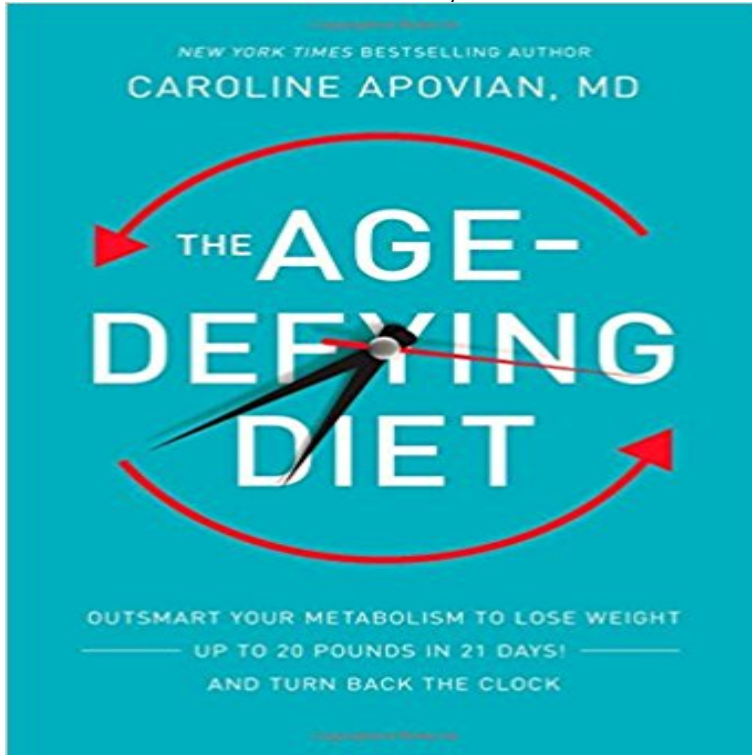


The Age-Defying Diet: Outsmart Your Metabolism to Lose Weight--Up to 20 Pounds in 21 Days!--And Turn Back the Clock



Age slowing down your metabolism? Not anymore! Internationally renowned weight-loss expert and New York Times bestselling author Dr. Caroline Apovian has developed an innovative program that outsmarts the body's aging processes and reverses the metabolic clock. By combining the metabolism-boosting effects of her unique take on intermittent fasting—an innovative approach that will leave readers feeling full, not hungry—with targeted strength training, readers can lose up to 20 pounds in 21 days while they reshape their bodies and take back their youth. Reboot - one week to jumpstart weight-loss with Super Smoothies, Super Soups, and delicious whole food meals that rekindle the metabolic fire. Recharge - two weeks to keep metabolism running in high gear, burning more fat and building more muscle. Revitalize - a powerful blueprint that keeps the metabolism young and keeps age-defiers slim for life!

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