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greatly increasing your
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Ultimate Female Body"
by Michael Matthews
was an excellent read.
Matthews does a great
job explaining
complete scientific
information in every
day terms. One of my
biggest pet peeves is
how much conflicting
information is out on
the web in regards to
health and fitness.

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Michael Matthews is an
insightful and

encouraging book for
women who want to

build a body that is
lean, sculpted, and

strong. It is a good

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Thinner Leaner

Stronger is a workout program focused on developing aesthetics for women. In other words: lose weight, build muscle, look better naked, etc. It was written by Michael Matthews, a trainer who has written extensively on nutrition and aesthetics for both men and women.

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plans that make losing
fat and gaining lean
muscle as simple as
possible.

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three flavors--5, 4, and 3 days per week--and individual workouts range from 45 to 70 minutes. The bottom line is if you can dedicate 3 to 6 hours per week to Thinner Leaner Stronger, you can build the body you've always wanted.

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Michael Matthews is a bestselling author and the creator of Muscle for Life.. After his first

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book, Bigger Leaner
Stronger, made him an
instant fitness
superstar in 2012, he
went on to author a
number of related
books, including a book
for women (Thinner
Leaner Stronger), a
“flexible dieting”
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Book Summary Abbey
Beathan (Disclaimer:
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book.) Getting the
body of your dreams is
not an unattainable
paradise anymore. Let
me guess, you have
been trying to hit the
gym as many times as

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you can for as long as
your body can muster
and still, after so much
hard work ...

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Ultimate Female Body
Matthews, Michael.

Overview: If you want
to be toned, lean, and
strong as quickly as

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possible without crash
dieting, "good
genetics," or wasting
ridiculous amounts of
time in the gym and
money on supplements
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