



Body-for-LIFE for Women: A Woman's Plan for Physical and Mental Transformation

Pamela Peeke

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Drawing from cutting-edge research in gender-based medicine, women's health expert and best-selling author Dr. Pamela Peeke tailors the original *Body-for-LIFE* program to the unique obstacles women face. With stunning before-and-after photos and testimonials providing motivation and inspiration, *Body-for-LIFE for Women* features a 12-week Mind-Mouth-Muscle eating, exercise, and emotional health program for women to help them achieve optimal health during their hormonal milestones.

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