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Altri autori (Persone)	RhodesMaura
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Sommario/riassunto	Look Better Naked is a diet, exercise, beauty, and self-confidence plan from the editor-in chief of Women's Health, the magazine that knows how to speak to women in a smart, inspiring way. The book offers expert tips and simple plans for reshaping a woman's body quickly and easily. It reveals the powerfoods a woman should put on her plate every day and has a workout plan that delivers results in just 15 minutes a day. The plan also helps a woman: * flatten her belly * tone her legs * tighten her butt * improve her skin and hair A woman's posture, her pride, her personal power --they all go together. Look Better Naked shows a woman how to be the best possible version of herself that she can be.