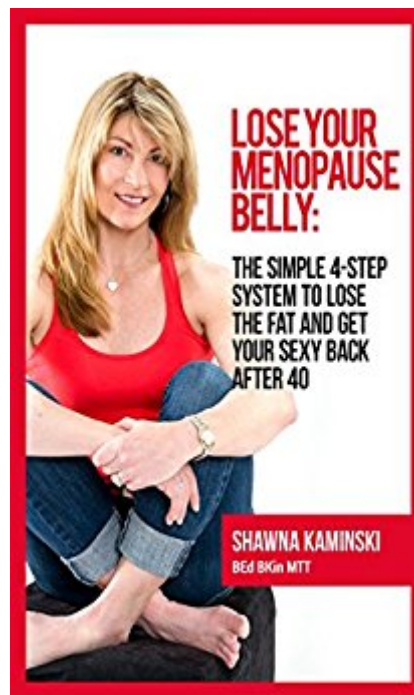




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# Lose Your Menopause Belly: The Simple 4-Step System To Lose The Fat And Get Your Sexy Back After 40



## Synopsis

Are you suffering from Menopause or some sort of evil force that seems to have overtaken you? Guess what? You may be suffering needlessly. I have FANTASTIC news for you. I have doable solutions to overcome your struggles. You may be shocked to discover that many of your health issues are totally UNRELATED to menopause. It's actually NOT YOUR FAULT, you've just been misinformed about menopause. You'll be pleasantly surprised to learn that you can take control of your health again once you understand the truth about menopause. You see, menopause gets a bad rap. It gets blamed for midlife weight gain, low energy, moodiness, sleepless night, hair loss, lethargy, aches and pains and more. Inside the pages of my book, you'll soon discover that your menopausal symptoms can be related to other issues that you can actually control. And by doing so, you can relieve yourself of much of your suffering. You can lose your menopause belly, lose the fat and get your sexy back, even after the age of 40.

## Book Information

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## Customer Reviews

if you are over 40 (and even if you are not) this is a great book for those looking for information on how to get started feeling better. We need to bust the age myth and this book is filled with sound advice and hope. I had the pleasure of interviewing Shawna and she is a wealth of information and truly cares about her audience.

This book is the first step to help women understand what's happening in their body during menopause. It's written by a powerhouse fitness trainer who laser focuses her work on women over 40. It helps you know how and why your body is changing as you go through hormonal changes. The book also identifies ways that you can go deeper in working with Shawna to get to the root of the issues in your own body and how to adapt to an inevitable aging process. It's a great first step during this phase of your healing journey.

I came across this book while searching for books on exercise over the age of fifty. It was only 99 cents on Kindle pre-release, so I figured I'd give it a shot. Having now read the whole text, I feel like I bought a long advertisement. It's long on the "why" and short on the "how". There are plenty of generalizations about getting more sleep, eating whole foods, engaging in interval training, and "Mindset Magic", but no discernible "system". About a third of the book seems to be testimonials and there are also several "case studies" from among the author's clients. The last chapter is an invitation to sign up for one of her coaching programs at either \$297 or \$997 a pop. Presumably, this is where you get her "4-Step System" since it's not in this book. There was virtually no useful information that I haven't already gathered in serious books (i.e. not marketing gimmicks) on paleo nutrition and HIIT training. I'd be pretty upset if I had paid more for what amounts to a marketing come-on.

I paid .99 for the pre-order and I still feel I paid too much. Reading through it I felt I was stuck on one of those promotional videos you watch waiting to get to some information you can actually use. As the previous review stated the only actual information you get from the book is that you can pay Shawna to be your coach. Complete waste of time and money.

I did not know this would be so promotionally oriented leading to an in with another book or membership. I got this for the exercises, which the book does not contain. I have read various material on nutrition and menopause so there was nothing really new in that particular arena. Follow

SK on instagram, hopefully she'll leave a couple quick videos for her fans.

As a woman over 40 myself there's so much misguided information out there and it's refreshing to know you speak from personal experience. I highly recommend this book as the stepping stone for any woman over 40 who wants a healthier lifestyle and not just a gimmicky quick fix! Thank you Shawna!

I'm a huge believer that we all have the ability to change our gene expression for a healthy life and Shawna explains how to do this in simple easy to understand terms. As a woman over 40, I highly recommend this book!

Awesome read! Shawna K never fails to deliver and this book is packed with excellent ideas. If you're over 40 or struggling with weight gain, you need to read this book! It's a great place to start and the tips inside are simple and easy to implement. I love all her programs and she's brought a PROVEN strategy to burn fat and improve your fitness, stability and strength. Highly recommended.

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