



Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body

By Michael Matthews

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THE #1 BESTSELLING WOMEN'S FITNESS BOOK WITH OVER 100,000 COPIES SOLD!

If you want to build muscle, lose fat, and look great as quickly as possible without crash dieting, "good genetics," or wasting ridiculous amounts of time in the gym and money on pills and powders...regardless of your age... then you want to read this book.

Here's the deal:

Building muscle and losing fat isn't nearly as complicated as the female bodybuilding industry wants you to believe.

- *You don't need to starve yourself with "extreme fat loss diets" or give up all the foods you actually like to lose weight quick.*
- *You don't need to spend hundreds of dollars per month on worthless fat loss supplements that female bodybuilders shill in advertisements.*
- *You don't need to toil away in the gym for a couple of hours per day to lose fat, build muscle, and have the bikini body you really want.*
- *You don't need to do special exercises to lose weight or constantly change up your workout routine to make startling progress in the mirror.*
- *You don't need to grind out hours of boring cardio to lose belly fat and get rid of that fat stomach for good.*

Those are just a few of the harmful myths that keep women like you from ever achieving the lean, toned, strong, and healthy body you truly desire.

And in this book you're going to learn something most people, even women bodybuilders, will never know...

The exact formula of exercise and eating that makes losing 10 to 15 pounds

of fat while building lean, sexy muscle a breeze...and it only takes 8 to 12 weeks.

This book reveals things like...

- **Why most advice on what to eat to lose weight fails, and how to build meal plans that help you lose weight fast without ever feeling starved, deprived, or like you're on a "fat loss diet."**
- The simple science of how to burn belly fat fast and keep it off for the rest of your life.
- **The biggest female muscle building lies women are told about how to "tone" and "shape" their bodies...and what you REALLY need to do to have sexy, lean curves. (Hint: Using the Barbie weights to "tone your muscles" is a waste of time.)**
- How to master the "inner game" of fitness and develop the self-discipline and willpower it takes to build the body of your dreams (and actually enjoy the process!).
- **An all-in-one weight training program for women that will give you a toned upper body, flat stomach, sexy legs, and killer butt...in just 3 to 6 hours of exercise per week...doing workouts that you actually enjoy.**
- A no-BS guide to women's bodybuilding supplements that will save you from wasting THOUSANDS of dollars each year on bunk science and marketing hype.
- **How to burn fat and build lean muscle while still indulging in the "cheat" foods that you love every week like pasta, pizza, and ice cream.**
- What to eat before and after your workouts to build muscle fast. It's the "little" things like this that make female bodybuilding diet plans maximally effective.
- And a whole lot more!

Imagine...just 12 weeks from now...being constantly complimented on how great you look and asked what the heck you're doing to transform your body...

Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day...

The bottom line is you CAN have that bikini body without having your life revolve around it.

SPECIAL BONUS FOR READERS!

With this weight lifting book for women you'll also get a free 98-page bonus report that contains a year's worth of Thinner Leaner Stronger female fitness workouts as well as Mike's personal product and supplement recommendations and more!

Scroll up, click the "Buy" button now, and begin your journey to a thinner, leaner, and stronger you!

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Editorial Review

Review

"I have been doing the author's (Mike) outline as written and I have dropped down to 18% body fat rather quickly."

-D. Bohrer (Amazon Verified Purchase)

"Up to now, I've lost 5 kg (13,4 pounds). My arms are already starting to be toned, I'm losing fat, specially in the abs and hips, I feel more energetic, my hair, skin and nails are healthier and more beautiful."

-Renata Franca (Amazon Verified Purchase)

"I'm getting stronger all the time. I've lost 27 lbs, I look& feel great at 5'5" 140."

-Alison R. (Amazon Verified Purchase)

"I lost 4 pounds and dropped 2% fat. My work outs are more effective, even though they are shorter, they are far more intense."

-L. Duff (Amazon Verified Purchase)

"I lost 3 lbs my first week and the weight continues to come off. I have always worked out but for once it's actually paying off and I am seeing the weight melt while my muscles get stronger."

-Liana Depew (Amazon Verified Purchase)

"I've only been following his workouts and eating guidelines for two weeks and I already feel tighter, leaner and better. I swear I am already seeing results."

-Gina Rosellini (Amazon Review)

"I've lost almost 10 pounds, lost 5% body fat and dropped two pants sizes."

-"Laxkat" (Amazon Review)

"It's simple and finally seeing results I want by following his advice, even with hypothyroidism."

-Karmell Johnson (Amazon Verified Purchase)

"After two weeks, I'm already feeling stronger and no more plateau - I'm losing pounds AND inches!"

-A. Webb (Amazon Verified Purchase)

"I have been following the nutrition plan for 3 weeks (but vegetarian-ized) and the weight lifting plan for 1 week and am already seeing great results."

-Katrina Lynn (Amazon Verified Purchase)

"I've only been on the program a couple weeks, but I'm already lifting more weight and losing fat."

-"CHERRYBOMB" (Amazon Verified Purchase)

"I have made amazing gains with the advice from Mike Matthews and I continue to return to the books just to remind me why I am following Thinner Leaner Stronger."

-"EFWATERS" (Amazon Verified Purchase)

"I'm just getting started, but I'm seeing changes in my body already."

-Lisa Lloyd (Amazon Verified Purchase)

"I've been using it for 2 weeks now and starting to see some improvements in my arm and legs already."

-"jpaysour" (Amazon Verified Purchase)

"My son and I are doing Mike's program now and I can see the results already (it's only been 2 weeks). I also like the fact that Mike answers all your questions by email!"

-Esther Bravo-Mozo Amazon Verified Purchase)

From the Author

Hi,

I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, muscleforlife.com.

Sincerely,

Mike

From the Inside Flap

BOOKS BY MICHAEL MATTHEWS

Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body

Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body

Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making

The Shredded Chef: 115 Recipes for Building Muscle, Getting Lean, and Staying Healthy

Eat Green Get Lean: 100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean and Staying Healthy

CARDIO SUCKS! The Simple Science of Burning Fat Fast and Getting in Shape

Users Review

From reader reviews:

Nora Cordova:

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Myrtle McDonald:

Often the book Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body has a lot of information on it. So when you check out this book you can get a lot of help. The book was compiled by the very famous author. This articles author makes some research before write this book. This particular book very easy to read you can get the point easily after scanning this book.

George Gentry:

Do you have something that you enjoy such as book? The guide lovers usually prefer to choose book like comic, limited story and the biggest you are novel. Now, why not attempting Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body that give your entertainment preference will be satisfied by simply reading this book. Reading habit all over the world can be said as the opportunity for people to know world better then how they react in the direction of the world. It can't be claimed constantly that reading habit only for the geeky particular person but for all of you who wants to end up being success person. So , for all of you who want to start examining as your good habit, you are able to pick Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body become your own starter.

Dona Cole:

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