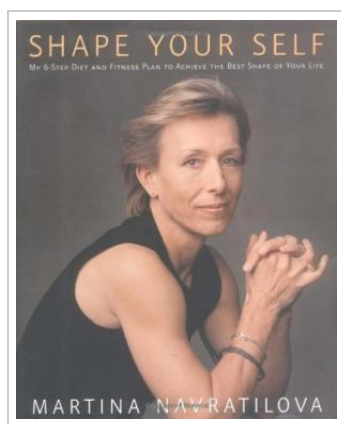



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Shape Your Self: My 6-Step Diet and Fitness Plan to Achieve the Best Shape of Your Life (Hardback)

By Martina Navratilova

Rodale Books, United States, 2006. Hardback. Book Condition: New. 231 x 188 mm. Language: English . Brand New Book. Fabulously fit as she nears the milestone of 50, tennis great Martina Navratilova reveals her step-by-step, age-defying formula. Known for her superb conditioning, Martina Navratilova is a marvel of fitness. She easily outruns many women who are half her age, still plays tennis competitively, and engages in all the other sports she loves: basketball, hockey, skiing, and more. Everywhere she goes, people ask her: Why can you still move the way you do? How do you stay in such good shape? What's your secret? In *The Shape of Your Life*, this amazing athlete shares through personal anecdotes the simple strategies, tips, and small lifestyle changes that will enable anyone to tune up their body, mind, and spirit. In her 6-step program readers discover: tips on achieving the focus and mental ability of star athletes; advice on creating an environment emotionally and physically that supports readers' health and personal goals; a healthy food plan with delicious recipes emphasizing natural foods, including raw foods and juices that help the body release toxins, drop extra pounds, and feel more vibrant and youthful; fun, unique, cutting-edge exercises that can...



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