


Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series)

By Michael Matthews

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INTRODUCING MICHAEL MATTHEWS' #1 BESTSELLER WITH OVER 50,000 COPIES SOLD!

If you want to be toned, lean, and strong 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:

Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe.

- *You don't need to starve yourself with very-low-calorie diets to lose fat and keep it off.*
- *You don't need to spend hundreds of dollars per month on the worthless supplements and fat loss pills.*
- *You don't need to constantly change up your exercise routines to “confuse” your muscles.?*
- *You don't need to grind out hours and hours of boring cardio every week to shed ugly belly fat and love handles and get the body you desire.*
- *You don't need to completely abstain from “cheat” foods while bringing your body fat percentage down to ideal levels.*

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

In this book you're going to learn something most women 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 – 12

weeks.

This book reveals things like...

- **The 5 biggest fat loss myths & mistakes that keep women overweight, frustrated, and confused.?**
- How to build meal plans that allow you to build muscle, lose fat, and get healthy without ever feeling starved, deprived, or like you're "on a diet."
- **The lies women are told about how to "tone" and "shape" their bodies, and what you REALLY need to do to have sexy, lean curves.**
- A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year on products that are nothing more than bunk science and marketing hype.
- **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!).**
- How to get lean while still indulging in the "cheat" foods that you love every week like pasta, pizza, and ice cream.
- **And a whole lot more!**

Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck you're doing to make such startling gains.

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 achieve that "Hollywood babe" body without having your life revolve around it—no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach.

SPECIAL BONUS FOR READERS!

With this book you'll also get a free 119-page bonus report where you'll not only find an entire year's worth of workouts for the program but also Mike's personal product and supplement recommendations and recipes from his bestselling cookbooks!

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: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy

Eat Green GetLean: 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:

Kathleen Land:

The book Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) make one feel enjoy for your spare time. You may use to make your capable far more increase. Book can being your best friend when you getting anxiety or having big problem together with your subject. If you can make reading through a book Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) being your habit, you can get considerably more advantages, like add your current capable, increase your knowledge about many or all subjects. You are able to know everything if you like open up and read a publication Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series). Kinds of book are several. It means that, science guide or encyclopedia or others. So , how do you think about this reserve?

Bertha Davis:

Now a day people that Living in the era wherever everything reachable by interact with the internet and the resources inside can be true or not demand people to be aware of each details they get. How individuals to be smart in having any information nowadays? Of course the solution is reading a book. Reading through a book can help people out of this uncertainty Information particularly this Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) book as this book offers you rich data and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you know.

James Ritchey:

Information is provisions for people to get better life, information nowadays can get by anyone in everywhere. The information can be a understanding or any news even an issue. What people must be consider whenever those information which is inside the former life are difficult to be find than now's taking seriously which one is suitable to believe or which one typically the resource are convinced. If you obtain the unstable resource then you understand it as your main information it will have huge disadvantage for you. All of those possibilities will not happen within you if you take Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) as your daily resource information.

Thomas Schroeder:

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