



# **Eat Like a Woman: A 3-Week, 3-Step Program to Finally Drop the Pounds and Feel Better Than Ever**

*Staness Jonekos, Marjorie Jenkins*

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# Eat Like a Woman: A 3-Week, 3-Step Program to Finally Drop the Pounds and Feel Better Than Ever

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## **Eat Like a Woman: A 3-Week, 3-Step Program to Finally Drop the Pounds and Feel Better Than Ever**


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FINALLY A DIET DESIGNED FOR YOU

Based on the latest research showing that men and women metabolize food and lose weight differently, Eat Like a Woman (And Never Diet Again) is a groundbreaking three-step program tailored specifically to the needs of the female body. Staness Jonekos, author of The Menopause Makeover, and leading women's health expert Dr. Marjorie Jenkins show you how to lose weight without deprivation, look younger and feel better than ever. Eat Like a Woman will revolutionize the way you think about food. You'll learn to understand the relationship between stress and your health, interpret the messages your body is sending you, and how to eat to support hormone balance and emotional health. Begin to eat like a woman and in just three weeks you can

- Drop those stubborn pounds
- Effortlessly maintain a healthy weight
- Change your relationship with food
- Reduce your risk of disease
- Slow the aging process
- Exercise smarter

Includes favorite recipes from Sheryl Crow, Padma Lakshmi, Florence Henderson, Dolly Parton, Nancy Cartwright, Devin Alexander, Cristina Ferrare, and other popular chefs and celebrities.

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