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SIMON SCHUSTER, United States, 2015. Hardback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book. From an expert in integrative medicine, a thirty-day plan to help women lose weight and look and feel years younger. As they grow older, many women struggle to lose weight. Unlike many men their age, they may also suffer from sleep problems, osteoporosis, and depression. Many women may even feel like they age less slowly and gracefully than their male counterparts....

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- Authored by Dr Tami Meraglia
- Released at 2015



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