

The Petite Advantage Diet: Achieve That Long, Lean Look, The Specialized Plan For Women 5'4 And Under

Jim Karas

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In The Petite Advantage Diet, weight-loss expert Jim Karas delivers a breakthrough lifestyle guide that's already revolutionizing the world of health and fitness: the first book of its kind designed exclusively for women 5'4" and under. Readers of his New York Times bestselling book The Business Plan for the Body can testify to how his advice has helped millions of women find their way to fitter, firmer, healthier, and happier lives. Now Jim Karas reveals a program designed for petite women, for whom The Belly Fat Cure can't offer a real cure and 21 Pounds in 21 Days means losing too much too. The Specialized Plan for Women 5'4" and Under. ISBN: 0062025457. Category: Tutorial. Description: They make clothes for "Petites" so why not a specialized diet plan? You're smaller, you're more delicate, you're 5'4" or under, yet you're expected to follow a diet plan for the taller girls. But you are looking at the glass only as half empty. The glass, according to Karas, is really half full. Being a Petite has huge advantages such as: You can work out more effectively than a taller woman because your muscle-to-height ratio is greater translation better opportunity to boost your metabolism Your center of gravity is lower, and therefore you are less likely to injure yourself when you're working out, and You can create that sexy.