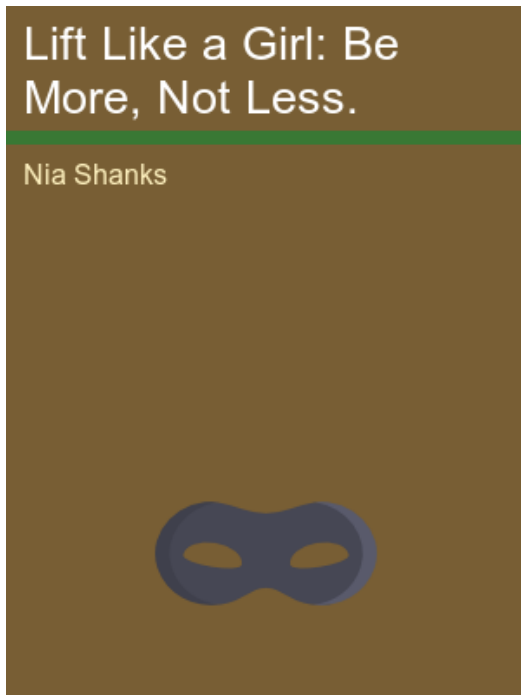


# [PDF Download] Lift Like a Girl: Be More, Not Less. Online eBook



## Details:

**Author:** *Nia Shanks*

**Format:** *308 pages*

**Dimensions:** *140 x 216mm*

**Publication date:** *20 Nov 2017*

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**Illustrations note:** *Illustrations, black and white*



## Overview:

You sweat, burn, and fast until you're exhausted...only to fall into a tailspin of stress, overindulgence, and blame. If you're like most women, you've been through this vicious cycle more times than you can count. But what if fitness wasn't about fixing flaws and shrinking sizes? What if your workout could be uncomplicated, energizing, and even fun? Fitness coach Nia Shanks has helped countless clients reinvent their mindset around exercise, nutrition, and body image. Based on her wildly popular blog, *Lift Like a Girl* is so much more than a workout program. It's an empowering lifestyle built around discovering the strength you never knew you had. Along with her practical, step-by-step approach for getting proven results in the gym, Nia breaks through the weight-loss clichés that keep too many women dissatisfied, depressed, and constantly on a diet. Find out how good it feels to lift like a girl, and leave the gym feeling more awesome than ever.

## Additional Info:

Delavier's Women's Strength Training Anatomy Workouts, New Rules of Lifting for Women, Lean Habits for Lifelong Weight Loss, You Are a Badass, Why Me

Want Eat, 33 Ways to Break Free from Binge Eating, Strength Training for Women, Roar, Intuitive Eating, Pretty Intense, Eat, Lift, Thrive, Body Kindness, Health at Every Size, Strong, Lifted, T Is for Transformation