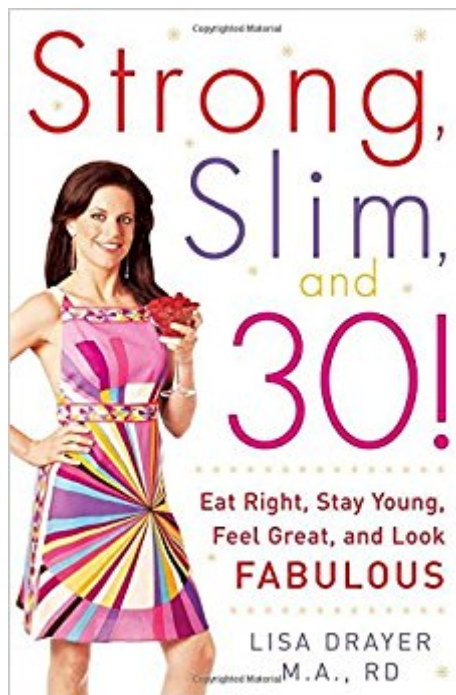




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# Strong, Slim, And 30: Eat Right, Stay Young, Feel Great, And Look Fabulous!



## Synopsis

30 is the new 20! An award-winning nutritionist and health journalist reveals how to look and feel fantastic at 30 and for a lifetime. Mojito or mineral water? All-nighter at the dance club or an evening at home with the baby? As a fabulous woman entering your thirties, these choices become more important. You can no longer get away with what you could in your twenties--your body can reveal the after-effects of too much fun, or too little exercise. But drastic measures don't need to be taken--you simply need the right information to keep yourself at your strong, sexy best. In *Strong, Slim, and 30*, nationally known nutritionist Lisa Drayer discusses the physical and metabolic changes that occur in thirty-something women and shows, for the first time, how to optimize these changes for great health and stunning looks. She presents a specific nutritional plan for boosting metabolism, losing weight, preventing disease, maintaining beauty, and preparing for pregnancy, as well as how best to enjoy the social life of these busy years. ~ ~

## Book Information

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## Customer Reviews

Keep them guessing . . . "Is she really 30?" It's okay, really--30 is not the end of the world. Especially when you face your 30s determined to look and feel as good as you did in your 20s. *Strong, Slim, and 30!* is your guide to keeping your metabolism going at 20-something speed, heading off the effects of aging, and maintaining good health. With this book in your corner, you can fight off worrisome aging issues--from dull hair and skin to heart disease and osteoporosis--and thrive in the years to come. *Strong, Slim, and 30!* offers an easy-to-follow program that will not only

help you stay thin and gorgeous now, but will also help you lay the foundation for a lifetime of glowing health and fabulous vitality. You'll discover that your sexiest, most gorgeous, most exciting years are yet to come! Live life to the fullest in your 30s when you discover Which foods boost energy and keep you looking and feeling your best Delicious meal plans and tips on dining out when you're on the go, out on the town, or with the kids How to easily make an antiaging diet part of your busy lifestyle Weight gain. Wrinkles. Gray hair. Loss of energy. We all know what the big 3-0 means, right? Wrong! Don't be afraid of 30--with advice from Strong, Slim, and 30!, your healthiest, liveliest, and sexiest years are ahead of you! Created by nutrition expert Lisa Drayer and tailored to the specific needs of women your age, this program will help you negotiate your changing metabolism so you can lose weight (or avoid gaining it in the first place) and remain the picture of health into your 30s and beyond. Strong, Slim, and 30! helps you make your 30s your best years ever with A sensible, accessible diet plan designed to maintain fitness, keep your skin glowing, and make your hair silky and shiny The inside track on the connection between food and mood and how to make it work for you Advice on how to prevent age-related ailments such as osteoporosis, heart disease, and cancer Drayer tells you which foods will help you build lean muscle and strong bones, maintain your luxurious hair and dewy skin, boost your energy level, and fight disease. Her program is simple to follow with its delicious, easy-to-use meal plans; portion control guide; and tips for eating wisely when dining out--so you can still enjoy a cosmo with your girlfriends or a smoothie at the playground with your kids. With Strong, Slim, and 30! on your side, you can throw turning-30 fears to the wind and look forward to a lifetime of physical fitness, emotional health, and gorgeous vitality.

Lisa Drayer, M.A., RD, is a registered dietician, educator, and media consultant. She has reported on health and nutrition issues for CNN, FOX, NBC, and ABC; has been featured in several national publications including the New York Times, the Wall Street Journal, and Elle; and writes a weight-loss column for Women's Health.

One thing that I must say about this book is that you have to really be ready to change your diet in order to truly see the benefits. With that being said, once you are ready to commit to it, you will without a doubt reap the benefits of this plan. I was amazed by how easy it was to follow. I loved how she dumbed it down for me and just gave me options to choose for my breakfast, lunch, dinner, and snacks from a list as opposed to count calories or carbs or anything else for that matter. I've only been doing it for a few weeks, but I have more energy when I workout, I sleep better, and I've

seen enough positive results in such a shorttime to keep me faithful to the plan. One of the things that surprised me the most was how it curbed my cravings for fast food and the other things that have sabotaged my efforts in the past. If you're truly ready for something to change your diet and your way of life, I highly recommend this book.

Ms Drayer's book is incredibly easy to understand and follow. It helped my wife to loose 11 Lbs within 2 mos. If not for weight loss, one can use it just simply to learn how to eat healthy. - Just a GREAT BOOK!

My Daughter checked this book out at the library. She loved it and tried my recipes from it. She was so impressed with it that I bought her a copy of her own. I am so happy I did because now she is eating healthier and looking better.

I thought this book was very insightful. It had a ton of useful information and I would high recommend it to anyone!

If you are in your 30s, 40s or older, you may have noticed that it has become a bit harder to keep off weight. Why? Because our metabolisms slow with age, and for many of us, 30 marks the beginning of that change. In our 30s, we also go through other transformations: we start to lose bone mass, we may start seeing other medical issues pop-up and yes, aging starts to show. Why do all of these changes start in our 30s? Because our bodies start to reduce production of certain hormones that are important in preserving muscle mass...which is KEY to having a higher metabolism and keeping off weight. Further, in our 30s we have more stress and responsibilities, all while having less time to prioritize ourselves. Lisa Drayer, M.A., R.D. addresses all of these issues in her book Strong, Slim, and 30! As a Registered Dietitian, she has encountered hundreds of women who struggle with weight loss, reduced energy and other health issues as a result of hitting the big 3-0. In Strong, Slim, and 30!, she provides a targeted plan to address slowing metabolism, beauty, aging and even pregnancy in your 30s. Here is what I love about Strong, Slim, and 30! 1. Quick and Easy, Yet Informative Read: The book is an easy read and is easy to follow. Although Lisa will get technical about some of her points, they are important in helping the reader understand the science behind the theory. There are solid explanations for her recommendations and points. 2. Actionable: Not only does Lisa tell you what to do, but she tells you how to do it. She gives you a plan that is easy to implement. 3. Long-Term Appropriate: Yes, the book is about your 30s, but in reality, the information

can be applied to your life past 30, as well. The book is a great long-term nutrition solution. Further, it applies good nutrition principles to every day situations, such as eating out and busy days. 4. Prevention Based: Instead of advocating a 'Fad Diet,' Strong, Slim, and 30! promotes lifestyle. Lifestyle choices are key to sticking with a healthy nutrition plan, but even more importantly, they are key to preventing disease and other health problems. 5. Protein and Strength Building Advocate: Personally, I am a big believer in protein and strength training. Protein is the foundation for muscle building and maintenance...which directly impacts our bone density, metabolisms and ability to keep off unwanted weight. Lisa advocates for both. Strong, Slim, and 30! is a must read for any woman in her 30s or older. Not only will you learn the basics of good nutrition, but you will learn how to stay young and feel great well throughout your life. Brett Blumenthal Author of "GET REAL" and STOP Dieting!

jimmy love it , Excellent for cutting home baked bread. good quality with low price. good . quickly.

I needed some advice and ideas for cutting calories from my diet while trying to lose weight for an upcoming event. I've been following Lisa's suggestions and meal plans and it has really helped -- one of the best things is that she gives recipes and meal suggestions that are easy and quick to make, so I'm more willing to follow them...and I still feel completely satisfied throughout the day even on fewer calories. Another thing that I like is her suggestions for better takeout food, specific to cuisine, if you are eating out -- very helpful!

I found the information in the book okay...pretty mainstream. Knowing you have to cut calories to loose weight is known worldwide fact.... Finding the motivation is truly another issue. This book guides you in eating in 1/3 portions/food groups on your plate and how to balance out your food throughout the day. I would recommend this book for anyone wanting to learn to eat better...but as far as loosing weight...not so sure.

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