



# **Total Body Transformation: Lose Weight Fast-and Keep It Off Forever!**

*Michelle Bridges*

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**NEW YORK TIMES BESTSELLER**

## Get ready for a Total Body Transformation!

Meet Michelle Bridges, the straight-talking star trainer of Australia's *The Biggest Loser* and founder of Australia's #1 online weight-loss program. With her 12-Week Body Transformation, Michelle has inspired her countrymen and women to lose more than two million pounds.

Now, in *Total Body Transformation*, she shares her unique exercise, nutrition, and mindset program, which will give you the power to transform your body in just 90 days. Her goal: To help you lose weight rapidly and keep it off for good. Join the hundreds of thousands of people who have already discovered the magic of her method and get the skinny on

**Diet:** Michelle combines nutrition know-how with delicious, easy-to-make recipes and sensible meal plans—even pasta!—that minimize calories and maximize your eating pleasure. Enjoy Homemade Muesli with Yogurt, Salmon Steak with Arugula and Asparagus, Penne with Feta and Lemon, and more—along with healthy snacks to eat throughout the day.

**Workouts:** The rubber meets the road with Michelle's series of killer workouts devised for quick and dramatic results. You'll learn isolation and toning exercises that build muscle and burn fat, plus ways to sleep your way to a healthier you.

**Motivation:** Michelle turns conventional thinking about weight loss on its head. People don't struggle emotionally because they're overweight, they become overweight because they are fighting emotional battles. Changing your body starts by changing your mind, and Michelle's mindset lessons and unique techniques for resetting behavior help you lose weight fast and keep it off.

Along the way, Michelle debunks common diet myths (you *cannot* spot-reduce fat!), helps you ditch bad habits (like denial and negative self-talk), and steers you toward setting goals and being consistent. What you lose in weight, you can gain in better moods, improved health, and thriving self-confidence. Combine the science of fast weight loss with life-changing psychology to give your body the total transformation you have always wanted.

## Praise for *Total Body Transformation*

"[Bridges] may help you defeat your excuses about exercise ('Don't start bargaining with yourself,' she writes), help you set goals (specific, measurable, achievable, realistic, time-based), and cut negative self-talk. . . . The stunning before-and-after pics of her clients might motivate you."—*Newsday*

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