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Hormonal Timing By BuffMother: Female Fitness Evolved



Synopsis

This book will show you exactly what I did to transform my body from a stretched out, flabby, stressed out mother of 4, into an energized, confident, bikini model. There is a secret strategy that very few women know about and it's called HORMONAL TIMING. I've been teaching the Hormonal Timing Lifestyle to private clients for over 2 years at a cost of \$1200. I wrote this book so that every woman could have access to this powerful information without spending a fortune. I believe that Hormonal Timing is the next generation of women's diet, exercise and supplementation. Every woman needs to learn about it! The techniques in this book are worth more than 10 times the cover price. If you don't agree after reading the book and applying the principles, I'll gladly refund your money. About the Book: ~Packed with over 170 full color pictures and illustrations. ~Testimonials from women, including 2 Medical Doctors, who've experienced success on Hormonal Timing. ~10 foundations critical for radical physical transformation. ~10 success tools; each success tool is a simple exercise designed to help you implement each foundational principle into your life. ~This book takes an in depth look at the psychology of fitness success. It will teach you how to overcome the mental barriers which often sabotage success. ~If you're looking for inspiration, motivation and/or revolutionary information, Hormonal Timing has it all, plus much more! ~Your hormones can make you FAT and they can also make you FIT. Hormonal Timing by BuffMother! will spell it all out for you. There are no limits with Hormonal Timing. The proof is in the pictures and testimonies.

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Customer Reviews

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I'm gonna be perfectly honest. The book has pretty helpful information (I like the spin on hormones in relation to fitness), but it could have been 1/3 of the price if the entire book wasn't all printed on glossy photo paper with every other page a picture of the author. I understand the need to inspire through visual imagery, but the photos (and facial expressions) would be more appropriate for a men's calendar and I feel like I sort of have to hide the book from my curious 9 year old son when I'm reading it.... It just feels awkward. I believe Michele to be very sincere and intelligent, but the photos make it hard for me to take her seriously. I appreciate that Michele has an awesome physique and is giving her readers an objective to aim for, but a few tasteful fitness photos interspersed in the reading material would have done the trick for me... I also probably only paid around \$30 for the book (that included After Baby Abs), and I don't know if the book has been updated or includes additional material, but there is NO WAY I'd pay \$95 for it--just throwing that out there...As a side note, the book After Baby Abs has great advice, but if you are like me, I have a monstrous diastasis rectis (ab muscle separation) to heal, from my recent pregnancy, before I can do the abdominal work she recommends. Make sure that you aren't suffering from a diastasis and, if so, do a little research if you are launching into a postpartum routine!!!

I love this system. It is NOT A DIET. It is a system of looking at your own health and habits and the

way your body functions and then you can apply your own workouts or nutrition to it. Michelle Berger is a smart cookie. She has developed a great way of looking at female fitness and what makes it different from men. It is an easy read and when you do read it you're like "wow, this is so simple....I should have know this". This system is easy to apply, the difficulty lies in being a consistent person. I've been doing this program off and on for about 8 years and it really does change the way you look at your fitness and how to apply it to your lifestyle.

I was looking for something to rev up my workouts and help me get the results I was looking for. I always have good intentions with my workouts and I get going on a great routine working out everyday for about two weeks before I hit a slump. Then I crave everything from chips to brownies despite my best intentions. Read the book in a few hours. Very easy read and everything makes sense! The middle of the month slump I hit is due to hormones, which I knew but did not know how to use that to my advantage and work with it instead of against it. Everything in the book is common sense. I love that I can incorporate the hormonal timing into my current workout to really maximize results! The other great thing was that I was given a bonus Abs book from Michelle! Haven't read that one yet. Easy read, easy to use and I received my shipment 3 days after ordering which is great for standard ground shipping.

Finally something that works for us girls. Michelle has researched female fitness inside and out and her wisdom, tips and tricks are in this book. Obviously works for her. I have read her book and have been following her program and recommendations for the past 20 days now. Yes, there is work involved. Yes, you need some discipline. But Michelle also has all the support you need in place, you totally feel she has your back while you work through the program. After 20 days I can say that it works for me. Easy, simple and straight forward. Just DO it.

As a woman this book is invaluable! It has changed my life it's so on target with the way our bodies work as women. It allows you to maximize weight loss targets and exceed goals. As women we should all be given one as a manual for how to eat, excercise and live. I highly recommend this book- It's a personal trainer in a book- It doesn't get any better than that!!!

I have been a fitness instructor for years and have two kids. Since reading Michelle's book two years ago, I followed her recommendations and wow, my body got leaner and stronger. Amazing! Highly recommend this book if you want to change your body. But once again, it is a lifestyle...not a

diet!

What I love about Michelle is that not only is she an inspiration; but she's also encouraging. She's willing to give up the spotlight to feature others' successes. The author understands the ups and downs of hormone cycles, and teaches the reader how to harness these changes. Her program is communicated in the most clear, effective way possible. It's like having a close friend right there, your own personal cheerleader. The only issues that were a bit irksome were the numerous grammatical and spelling errors. I saw two editors listed in the front, and wondered why they let Michelle down by failing to correct these. Overall, though, it's a fun, informative read. The book is beautifully laid out. And Michelle looks phenomenal in every "after" photo.

When you have a baby - you're overwhelmed, joyous, ecstatic all at the same time. While you love having your new bundle of joy - your body shows that you're a new mom. I remember being so down on myself for leaving hospital with a saggy midsection. I had seen all the stars leaving hospital looking fabulous and taking it all in their stride. Michelle gives you a glimmer of hope. Her easy to follow program is doable for REAL MOMS - who don't have assistants, personal chefs, etc. I'm an older mom - with the body that most moms have my age would love to have! Michelle makes it simple to follow - you're not counting calories, logging every item that you eat - she devised that system that is simple to incorporate into your life. I have so many fitness books on my shelf - but Michelle's is the one that has the dog eared corners since I use it so much. If you do one thing for you, or a new mom, buy this book!

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