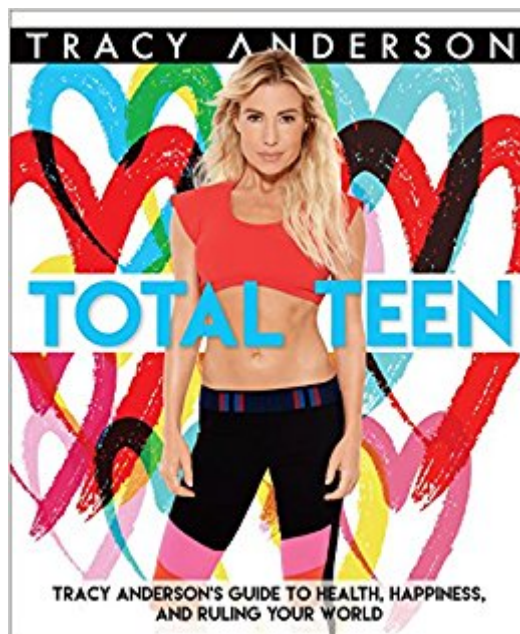




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Total Teen: Tracy Anderson's Guide To Health, Happiness, And Ruling Your World



Synopsis

Ignite your muscles. Clear your mind. Fuel your body. In a world where no selfie gets snapped without a flawless filter and your Instagram idols could teach classes on how to master angles, lighting, and retouching, it's essential to create a rock-solid relationship with what's real and what's beautiful. Here's the truth: you are real. You are beautiful. You are unique. Fitness pioneer Tracy Anderson is here to be your guide as you fully come to that realization, and fortify yourself with the tools to be your best—physically, mentally, and emotionally. Total Teen gives you a solid foundation to lead a balanced life—with absolutely no calorie counting, no fad diets, and no unrealistic workout routines. It's a body-positive approach to taking care of and honoring your total self. Learning how to move, connect, and nourish yourself to let your light shine bright. Inside, you'll find exercises, activities, and recipes as well as prompts and questions to spark new ways of thinking and new ways of being. You'll be amazed at how good you can look and feel, and how powerfully you can show up for every aspect of your life. Begin now, and you'll have a head start that will be with you forever. Tracy Anderson's achievements as a multi-platform fitness and wellness pioneer make her one of the world's most renowned experts in the health and fitness industry. Best known for her Tracy Anderson Method, Gwyneth Paltrow, Jennifer Lopez, and even Miss Piggy are all devoted fans. With six studio locations, more than 170 DVDs, and her adult fitness title, Tracy Anderson's 30-Day Method, she has transformed the bodies of thousands of people across the globe.

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