

As women age, making the choice to get your body and mind healthy is the first step.

Laurie Rein presents *GETTING TO the BEST YOU*, a realistic, practical, effective approach. She offers the small daily steps toward wellness goals to get you moving, change your diet, change the way you treat your body and your attitude about how you feel.

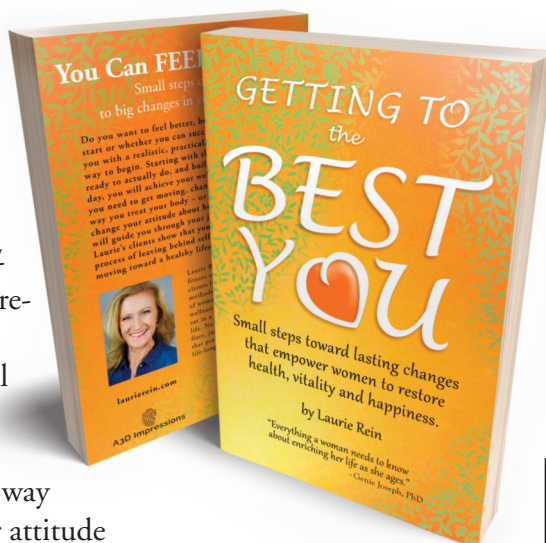
“Whether you are just beginning to pay attention to your best you or are working to maintain a healthy routine, this book will help you face the challenges of aging,” Laurie says.

Laurie is a health and wellness coach who has worked with private clients for more than 30 years. Her methods have helped hundreds of women meet their health and wellness goals, including how to eat in a way they can sustain for life. No fads or promises of quick fixes, just practical approaches that prove themselves over the life-long haul.

Stories from Laurie's clients show that you are not alone in this process of leaving behind self-defeating habits and moving toward a healthy lifestyle — one step at a time.

GETTING TO the BEST YOU includes chapters on how to enjoy moving your body, creating new habits, healthy eating, better sleep, claiming your sensuality and how to deal with emotional hunger. Includes recipes, charts, resource lists, and everything you need to get to the best you.

“I want this book to be the beginning of change, and an ongoing resource as women build their own best selves,” says Laurie.



Laurie Rein



GETTING TO the BEST YOU

Small steps toward lasting changes that empower women to restore health, vitality and happiness.

By Laurie Rein

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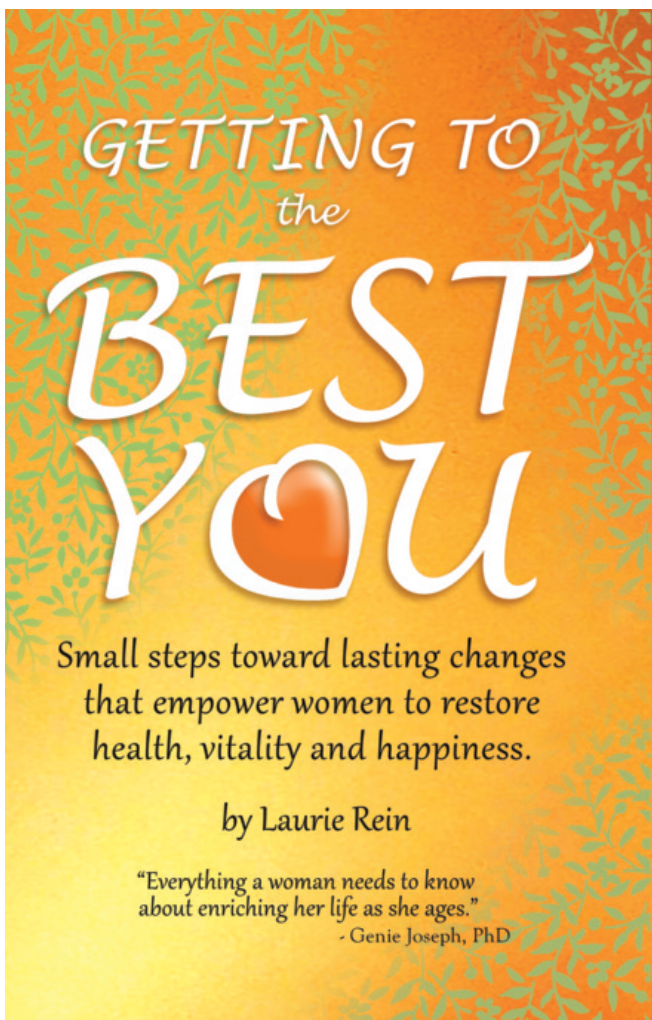
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