



Look Better Naked: The 6-week plan to your leanest, hottest body--ever!

By Michele Promaulayko, Maura Rhodes

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Today's young woman wants to be in great shape and have control over her life, which means being confident and comfortable with who she is. Looking great naked and feeling great about how she looks is the foundation of effortless beauty?on a date, in the office, or just relaxing with friends.

Look Better Naked! - by Michele Promaulayko with Maura Rhodes- is a diet, exercise, beauty, and self-confidence plan from the editor-in-chief of *Women's Health*, the magazine that knows how to speak to women in a smart, inspiring way. The book offers expert tips and simple plans for reshaping a woman's body quickly and easily. It reveals the powerfoods a woman should put on her plate every day and has a workout plan that delivers results in just 15 minutes a day. The plan also helps a woman flatten her belly, tone her legs, tighten her butt, and improve her skin and hair.

A woman's posture, her pride, her personal power?they all go together. *Look Better Naked!* shows a woman how to be the best possible version of herself that she can be.

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Editorial Review

About the Author

MICHELE PROMAULAYKO is editor-in-chief of *Women's Health*. She is an outspoken expert on women's issues and has appeared on the *Today* show, CNN, Fox News, *The Rachael Ray Show*, and the CBS *Early Show*. She lives in New York City.

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