



Quit Acting Like a Bitch and Become a Bad Ass Woman

Christine Henson

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If you are a woman and want to get into great shape for good, then this is the book you need. Do you get winded after climbing a flight of stairs? Can't lift anything heavier than a bag of groceries? Have you gained weight and can't get rid of it? The author will help you overcome all of this once and for all, but first you have to be willing to take a close look at your own sabotaging behavior. With tough love, the author shines light on excuses she hears constantly as a personal trainer and then delivers effective strategies to become the strong woman you are meant to be. However, be warned, this is not a quick fix book but a road map for your journey to a better you.

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