



Take Back Your Life:

Wendy Ida's
No Nonsense Approach
to Health, Fitness &
Looking Good Naked!

Fitness Trainer and 3-time Body Building
Figure Champion, Wendy Ida, offers a
**90-day "Take Back Your Life" results
routine** to help women in midlife cheat the
clock . . . **and get their bodies back!**

Author: Wendy Ida
57 years young!

Women's lives "spin out of control" in midlife as stressors, chaos, and hormones take over. Wendy talks candidly about the issues that complicate women's health, stymie weight loss, decrease sex drive and sabotage self-esteem for women in midlife.

Readers will learn how to:

- Get back in control of their lives
- Conquer belly fat
- Increase libido and sex drive
- Stay motivated to exercise
- Make midlife work in their favor!

Endorsements:

Cindy Popp, Producer and Director of CBS's "Bold & the Beautiful"

Actress/Recording Artist, **Eloise Laws**

Professor Sidney E. Morse, Publisher, "In the Black" California Magazine

Tina Treadwell, Entertainment Producer & President of Treadwell Entertainment

Rickey Ivie, Esq., Ivie, McNeill & Wyatt

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Wendy reveals her secrets, life stories, helpful tips, quotes and more to help women stay fit, look good and create positive change in their bodies.