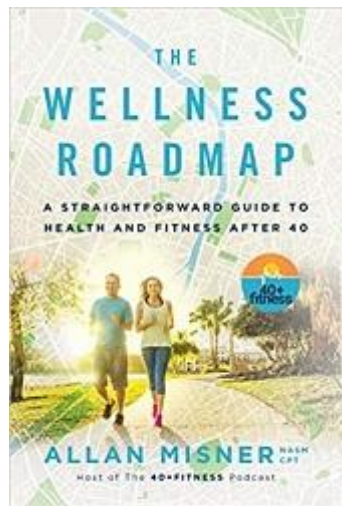




## HEALTH: DIET & EXERCISE

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### [The Wellness Roadmap: A Straightforward Guide to Health and Fitness After 40 by Allan Misner](#)

**Winner - Health: Diet & Exercise  
2019 Best Book Awards**

As we age, it can get harder and harder to lose weight and stay fit. Decades of poor exercise and eating habits make achieving wellness after age 40 substantially different from staying healthy in our 20s. Stop wasting time with fad diets and training programs designed for millennials. This all-inclusive fitness guide will get us where we need to go.

It's never too late to get healthy and fit. The Wellness Roadmap shows you the way to a better life.

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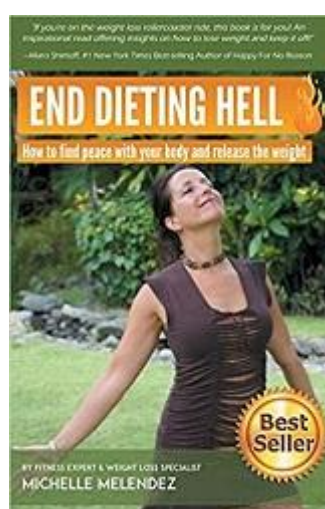


### [Couch to Active by Lyn Lindbergh](#)

**Finalist - Health: Diet & Exercise  
2019 Best Book Awards**

No more exercise we hate! If you're like most of us, your fitness story is a string of lapsed gym memberships, failed fad diets, and long stretches of sedentary life with brief bursts of "this time I'm really going to get it done" training programs. You probably even bemoan your lack of grit and discipline and have a string of "if onlies" in your head when it comes to exercise. "If only I had more time..." "If only I didn't have this injury..." "If only I had the cash to buy a treadmill or join a gym..."

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### [End Dieting Hell: How to Find Peace with Your Body and Release the Weight by Michelle Melendez](#)

**Finalist - Health: Diet & Exercise  
2019 Best Book Awards**

This is not another diet and exercise book. It is a book that gets to the core of why you've struggled with weight for so long, and what to do about it. If you've been in dieting hell and you're ready to achieve the health and weight that you deserve, Michelle Melendez wrote this book for you! She will gently show you:

- The surprising cause of your lifetime struggle with weight
  - Why your ego has kept you in this cycle - up until now
  - Three insights that will bring you and your body peace
  - How to boost your weight loss in a way that lasts
  - Guided practices that you can implement immediately
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