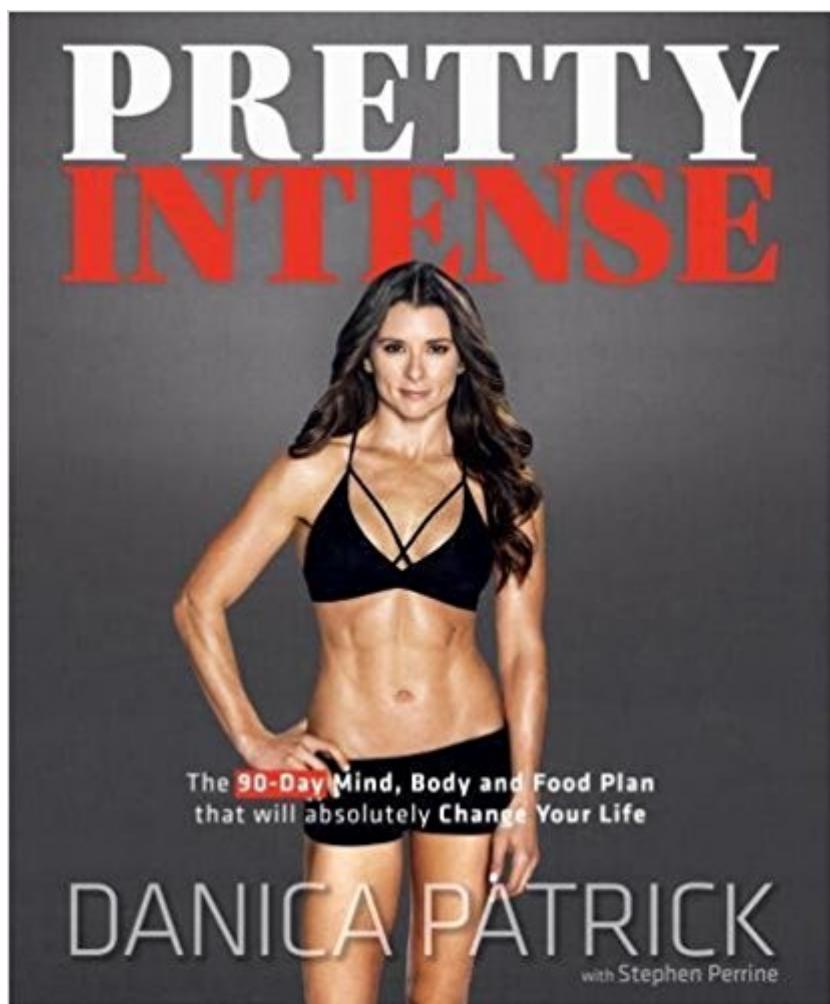


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Pretty Intense: The 90-Day Mind, Body And Food Plan That Will Absolutely Change Your Life



Synopsis

America's NASCAR standout offers a 90-day program to sculpt your body, calm your mind, and achieve your greatest goals. Everything Danica Patrick does isÂ Â Pretty Intense. A top athlete in her field, not to mention a fan favorite and the first woman to rule in her male-dominated sport, Danica approaches every aspect of life with the utmost intensity. Now, she shows you how you can apply her daily principles and transform your life for the better--and have fun while doing it. Danica's 90-day high-intensity workout, protein-rich, paleo-inspired eating plan, and mental-conditioning program will get you leaner, stronger, and healthier than you've ever been before. By mixing full-body training and stretching exercises, her accessible workouts hit the holy trinity of fitness: strength, endurance, and flexibility. Bolstered by a customized eating plan for all-day energy, her program will also help you cultivate a mindset for limitless success. You will learn to aim your sights high, confront challenges and setbacks with confidence, and cross the finish line every time. Whether your goal is a stronger core, better skills in the kitchen, or a promotion at work, Danica'sÂ Â Pretty IntenseÂ Â plan will help you reach your highest potential.

Book Information

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Customer Reviews

Danica PatrickÂ Â is a groundbreaking race car driver who ranks among the most popular and well-recognized athletes in America, according to a 2014 Harris poll. She has been named one ofÂ Â Time'sÂ Â Most Influential People, twice won the Kids' Choice Award for Favorite Female Athlete, and is the only major female sports figure who competes primarily among men. She has graced the cover ofÂ Â Sports IllustratedÂ Â three times (as both an athlete and a swimsuit model),

as well as ESPN, Shape, and numerous other sports and lifestyle magazines. Her television appearances range from the Tonight Show to The Simpsons to Chopped to Jay-Z's video for "Show Me What Ya Got." According to the most recent DBI results, Danica is recognized by 75 percent of the American public, outranking stars like Blake Shelton, Stephen Colbert and Ryan Reynolds, and is the most well-known figure in all of NASCAR. Stephen Perrine is the former Editor in Chief of Men's Health Books and the former Publisher of Rodale Books. He oversaw the wildly successful Eat This, Not That! series (more than 7M copies in print) and dozens of other New York Times bestsellers. He is the coauthor, with David Zinczenko, of the New York Times bestseller The Sugar Swap Diet (Ballantine, 2016). Currently Special Projects Editor for AARP Magazine, Perrine is also the Co-Creator and Executive Producer of Better Man, a nationally syndicated television show debuting in January, 2018.

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