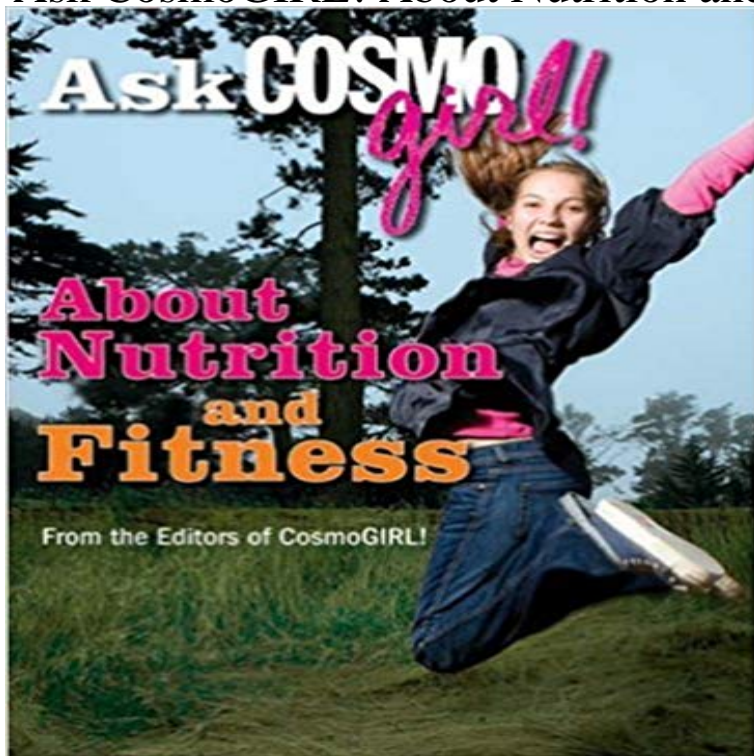


Ask CosmoGIRL! About Nutrition and Fitness



The newest Ask CosmoGIRL! guide is dedicated to helping young women build a good body image, replace negative thoughts with positive ones, and improve their all-around self-esteem. Attractively designed in an easy-to-understand question and answer format, it gives girls the lowdown on how to eat well, choose a workout, and make good choices about their overall health. These are the issues that weigh on CosmoGIRL's minds: What do you do if no diet seems to work? Which form of exercise should you try if you really hate to work out? What should you eat if you can't stand breakfast? The book also deals with those all-important psychological concerns, including how to cope with the negative thoughts that too many girls face when looking in the mirror. Throughout, there are nutritious recipes and meal ideas, fitness tips from top-level trainers, and practical suggestions for how girls can boost their self-confidence and lead happy, healthy lives.

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