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Be Powerful: Find Your Strength At Any Age



Synopsis

Find Your Strength and Transform Your Body with HILLIARD STUDIO METHOD Change the way you look and feel with Liz Hilliard, creator and owner of Hilliard Studio Method. Using her unique, proven, and unparalleled Method, Liz helps women at any stage and any age sculpt strong, healthy, beautiful bodies and minds. Described as "Pilates on steroids," HSM is a core-centric, total-body workout fueled by Hilliard's signature determination, ambition, and energy. She will safely and effectively push you to your edge every time, which is where the change occurs • not only in your body but also your mind. In *Be Powerful*, Liz will inspire you to * transform weakness to strength and discover your power; * find your physical and mental edge at any age; and * get the body you always wanted.

Book Information

Hardcover: 168 pages

Publisher: Advantage Media Group (December 5, 2016)

Language: English

ISBN-10: 1599327430

ISBN-13: 978-1599327433

Product Dimensions: 6.2 x 0.6 x 9.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

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Customer Reviews

» Liz and her daughter, Clary Hilliard Gray, are passionate about sharing Hilliard Studio Method's approach to fitness, health, and lifestyle. This dynamic mother-daughter duo has grown the brand with a flagship studio of live classes in Charlotte, NC, a product line of branded apparel, partnerships with local and internationally known lifestyle products, as well as their HSM Signature Smoothie. Stream Hilliard Studio Method workouts at hilliardstudiomethod.com and find your healthiest, most POWERFUL self!

Be Powerful: Find Your Strength at Any Age is a must read for anyone who wants to discover their inner power and become stronger, more fit and healthy. Liz Hillard practices what she preaches in

her book. As a premier fitness instructor from Hillard Studio in Charlotte, NC, Liz and her daughter, Clary Hillard Gray, train thousands of women on The Hillard Method, which Liz herself created. I highly recommend her studio, videos and now her book. To read my personal review and enter a giveaway of the book go to [...] to read more! I know Liz personally and have attended classes in her studio so I can vouch firsthand on the authenticity of her program.

Short book, quick read with lots of inspiring nuggets!

Liz's first book comes off as genuine and uplifting as she is in person. The book is filled with interesting snippets from Liz and Clary's personal lives and background, as well as inspirational and motivational anecdotes & pointers to keep you feeling and looking great at any age. It's an easy read and I bought several copies to give out as stocking stuffers to all of the strong women in my life.

Liz is such an inspiring person, and this book is a great example of that! You truly can be powerful at any age!

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