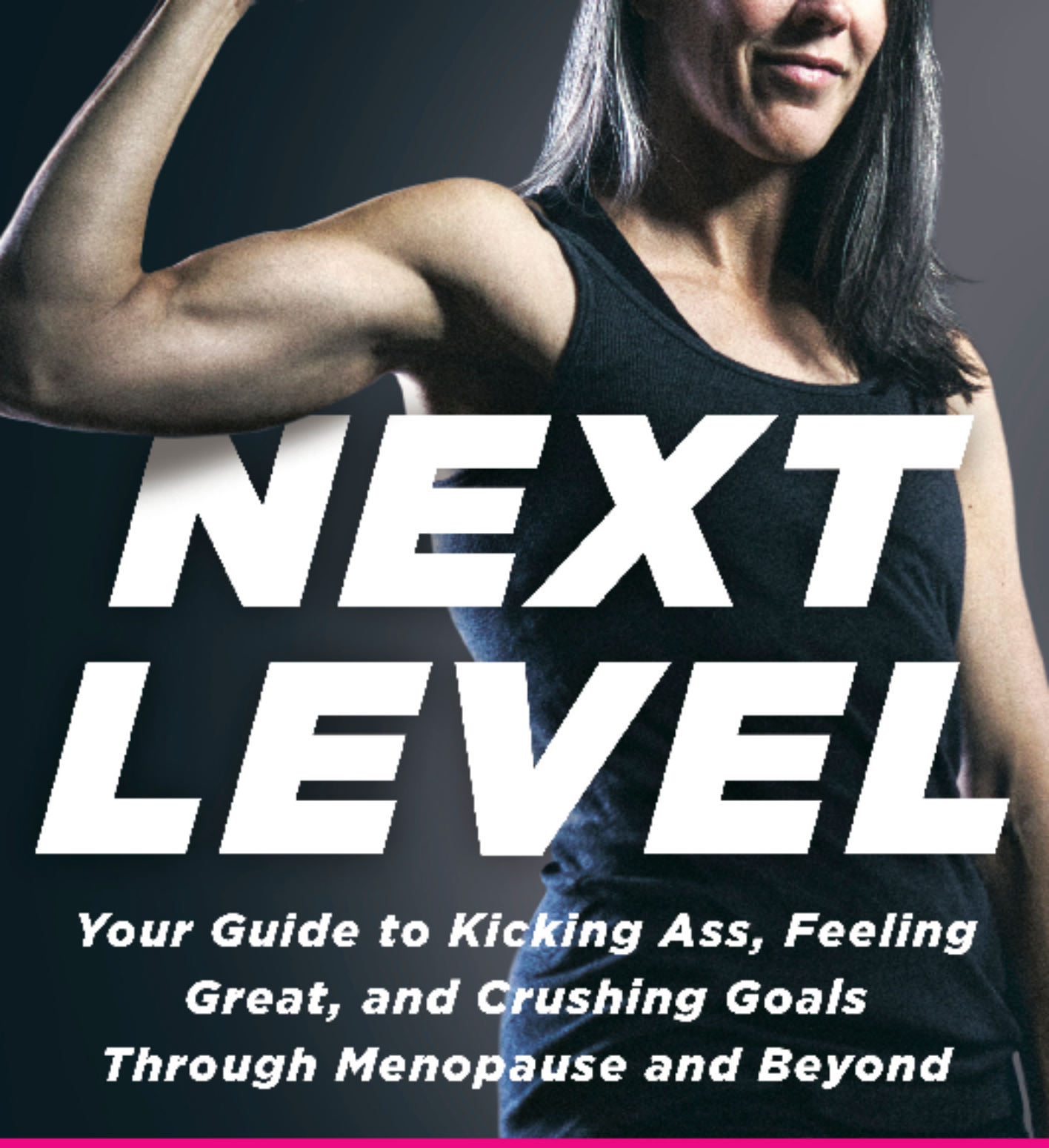


NEXT LEVEL

Your Guide to Kicking Ass, Feeling Great, and Crushing Goals Through Menopause and Beyond

STACY T. SIMS, PhD, AUTHOR OF *ROAR*

WITH SELENE YEAGER