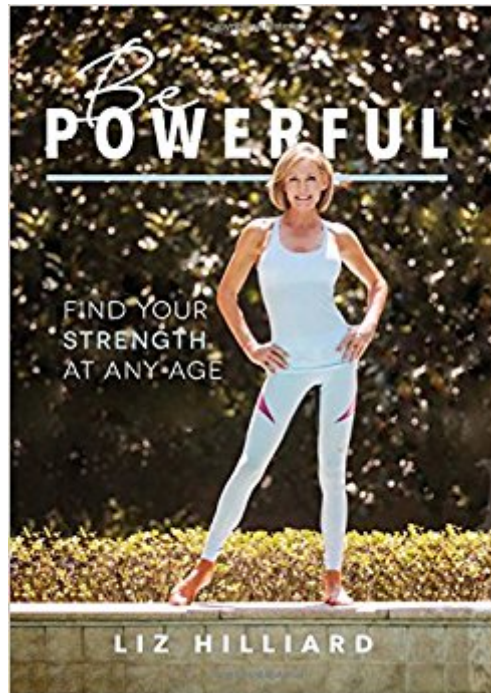




**Ebook Directory**  
the best source of ebook

The book was found

# 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

Best Sellers Rank: #910,756 in Books (See Top 100 in Books) #77 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #149 in Books > Health, Fitness & Dieting > Aging > Longevity #943 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

## 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](http://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!

[Download to continue reading...](#)

Be Powerful: Find Your Strength At Any Age The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) Public Speaking For Teens: Get A's, Not Zzzzzz's!: Being prepared, polished, and powerful...at any age! Fluent in 3 Months: How Anyone at Any Age Can Learn to Speak Any Language from Anywhere in the World The Strength Switch: How The New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish The Everything Homebuying Book: How to buy smart -- in any market...Determine what you can afford...Explore your mortgage options...Find a home that matches your needs Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn Make Your Own Wreaths: For Any Occasion in Any Season A Millennials Guide To Live Your Dream: The Most Likely To Succeed Will Find That Elusive Something That Leads Them To Success and Happiness. Find Your Inner Super Power! Real World Clinical Social Work: Find Your Voice and Find Your Way Songwriting For Beginners : Powerful Melody, Lyric and Composing Skills To Help You Craft A Hit, Find Your Voice And Become An Incredible Songwriter: Musical ... How To Write A Hook, Inspiration, Book 1) 101 Most Powerful Proverbs in the Bible (101 Most Powerful Series) Powerful

Prayers in the War Room: Learn how to Pray like a Powerful Prayer Warrior (Battle Plan for Prayer Book 1) Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Spiritual Battle Plan for Prayer) (Volume 1) Raise Powerful Children: The Ultimate Guide On How To Raise Powerful Children To Become The Best They Can Be Inner Peace and Happiness: How to Find Inner Strength and Clear Your Mind Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)