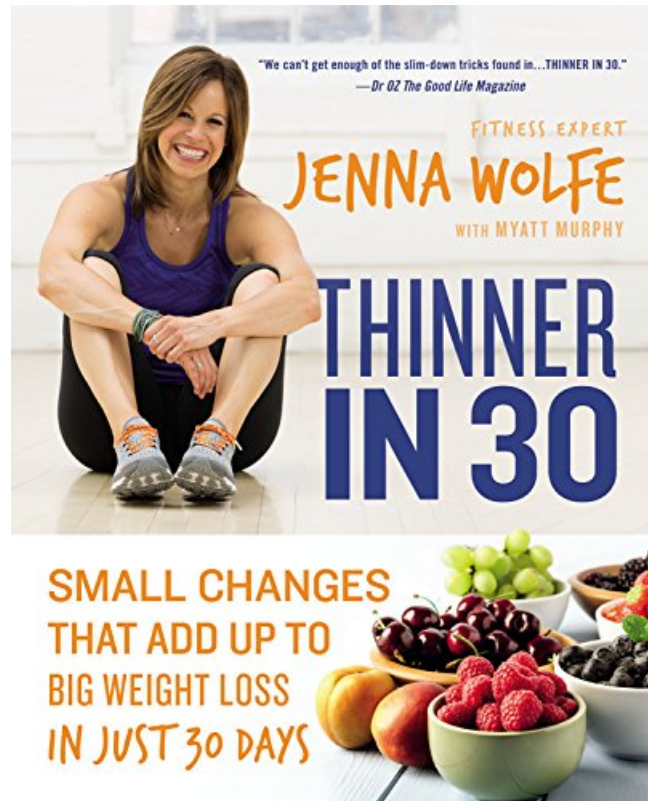


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Review "Jenna is great at mixing things up, pushing you in different ways, and getting you out of that all-too-safe comfort zone that we all tend to settle in, in our workout ruts. This book is a great way to get started in the easiest, most accessible way." Natalie Morales, news anchor, Today show "I hear Jenna's voice in my head whenever I'm in the gym, 'Want this! Earn this!' It never fails to bring both a grimace and a smile to my face. The grimace is because I know it's going to be tough. Real tough. The smile is because of Jenna's contagious enthusiasm for health and fitness that provides that critical reservoir of energy I use to push me just a little bit farther." Lester Holt, anchor, NBC Nightly News and Dateline NBC "THINNER IN 30 is a sustainable healthy answer for anyone who is serious about having a fitter, sexier, and energized body. If you want to take your life to the next level and turn it into a fat-burning machine, get this book. It is a must read." Joel Harper, celebrity trainer "Jenna breaks optimal health down so it's attainable and achievable. No

longer is the thought of sticking to a program daunting, but rather it's almost easy and enjoyable." Dara Torres, 5-time Olympic swimmer"If you are looking to make big changes but aren't sure where to start, Jenna's book is the one for you." --Macaroni Kid Family Fitness"[Jenna Wolfe's] advice is not only practical but doable." --New York Parenting"We can't get enough of the slim-down tricks found in... THINNER IN 30." --Dr. OZ The Good Life Magazine --This text refers to the Audio CD edition. Read more About the Author Jenna Wolfe was most recently the Today show lifestyle and fitness correspondent. Jenna spent 12 years as a sportscaster before joining the Today show in 2007. A self-proclaimed dare devil and thrill seeker, she is also a certified personal trainer. Read more

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