

Eat. Lift. Thrive.

By Sohee Lee

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This is an excerpt from Eat. Lift. Thrive. by Sohee Lee, CSCS, CISSN. Figuring out your nutrition strategy means finding a way of eating that best suits you.

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lift | THRIVEfitt Life -

I had the beginnings of an eating disorder in college. I was stressed. Life was difficult. School was hard. And it was the one thing I could control.

Eat, Lift, and Be Jacked – at 40 and Beyond - Bryan Krahn -

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Lee, Sohee. without needing my help or anyone else's. Then, my friend, my job will be done. I'm going to show you how to eat, lift, and thrive.

More than an exercise guide, the book Eat. Lift. Thrive. acknowledges -

More than an exercise guide, the book Eat. Lift. Thrive. acknowledges and addresses the relationship women have with fitness and food. Popular trainer and

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Sohee Lee makes her first appearance on the show and we chat about her awesome new book "Eat, Lift, Thrive." Sohee has a great

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