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Conquer the Fat-Loss Code is a quick and enjoyable read where health & fitness books are concerned. Laid out in an easy to read and understand manner the book is presented in four sections: Conquering The Code -the guts of the code, how bodies respond to exercise, diet and how we can outsmart nature to get better results.

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Wendy's first book, Crack the Fat Loss Code has changed the way I eat forever. It has also changed my clothing size (tight 16 to easy 12)in less than six months. With the addition of her exercise recommendations in Conquer the Fat Loss Code, I look forward to dropping a couple more sizes and toning up what's left behind.

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