



# Power Eating, 4E

*Susan Kleiner*

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*Susan Kleiner*

## **Power Eating, 4E** Susan Kleiner

More than a sports nutrition book, Power Eating is a scientific blueprint for helping strength and power athletes achieve superior performance. All chapters and meal plans in this updated edition reflect the latest research to enable competitive and novice athletes to gain power, reduce body fat, build muscle, tighten mental focus, and enhance training.

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