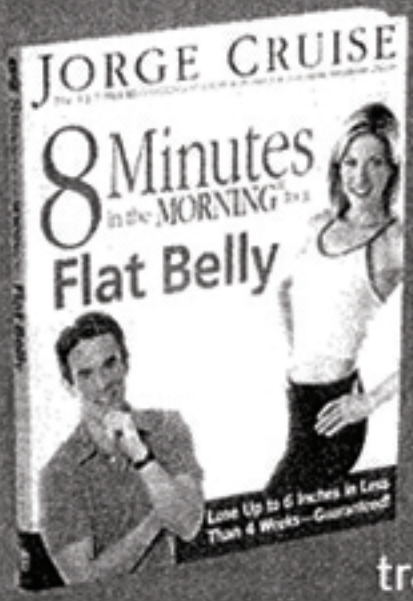
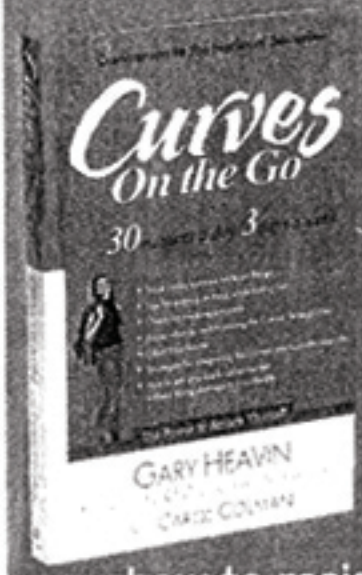
HOT BOOK PICKS: SPECIAL FITNESS EDITION!



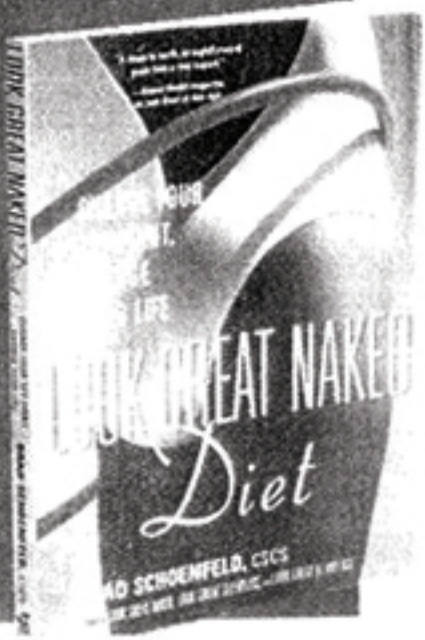
8 Minutes in the Morning to a Flat Belly by Jorge Cruise One of Oprah's favorite fitness gurus offers a metabolism-revving weight-loss guide aimed at helping readers lose up to six inches of ab flab in less than a month. The key? Resistance training. ($13)



The Fat Flush Fitness Plan by Anne Louise Gittleman and Joanie Greggains Low-carb dieters may benefit the most from this companion to the liver-cleansing, energy-boosting detox diet that also incorporates yoga and aerobics. Cool perk: Phase 1 includes an aromatherapy bath three times a week! ($20)



Curves on the Go by Gary Heavin and Carol Colman This *Curves* diet book companion helps busy women get fit fast (30 minutes a day, three days a week). Plus, restaurant survival tips show on-the-go eaters how to resist the fast-food lure. ($20)



Look Great Naked Diet by Brad Schoenfeld Readers can get buff and beautiful with this balanced diet of protein, carbs and fats. The book also debunks common fitness myths like "If you stop lifting weights, your muscle will turn to fat." Wait, it doesn't? ($20) EUGENA PILEK