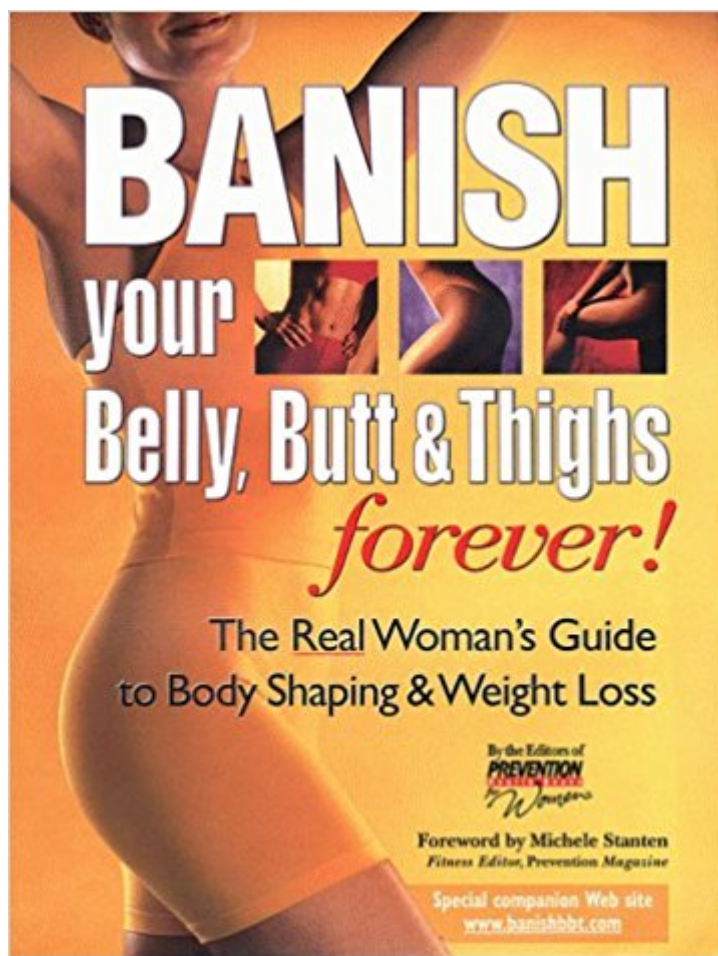


The book was found

BANISH YOUR BELLY, BUTT AND THIGHS (FOREVER!) The Real Woman's Guide To Permanent Weight Loss



Synopsis

For real women! No more fad diets, frantic gym visits, and fastidious calorie counting. Here is the book that will show you how to lose weight and shape up and tone your trouble spots regardless of how hectic a life you lead. *Banish Your Belly, Butt, and Thighs Forever!* provides hundreds of ways for you to schedule in exercise painlessly, reduce the calorie content of your meals without giving up taste, and create healthier-- yet still realistic-- daily routines. Invite simple strategies, small changes, and a firmer, fitter body into your future.

Book Information

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Customer Reviews

“I have tried many fitness programs over the years, and this is the first time I've been able to stick with. It's simple. It's gradual. And it works.”
— Mary Ellen C.
“The tips for eating more foods-- but still losing weight-- have been great. The food is delicious and I don't feel deprived.”
— Susan H.
“I've never been able to fit exercise into my day. Since I've learned how to get the same benefits by exercising in 10-minute chunks, it has made a huge difference. That's a lifestyle change I can really live with.”
— Kerry S.
“Seeing results so quickly really makes me want to do even more!”
— Linda S.
“I've always known I was supposed to eat better. Now I know specifically what I need to do. And it's easier than I ever thought.”
— Tammy F.
“After just three weeks, I've definitely noticed a difference in my belly, butt, and thighs. Even better-- my husband has, too.”
— Brooke M.
“I feel great. I am more focused. I have more energy. And my stomach

is getting firmer and flatter! The plan is terrific."--Janine S.

BANISH Your Belly, Butt & Thighs Forever! For real women! No more fad diets, frantic gym visits, and fastidious calorie counting. Here is the book that will show you how to lose weight and shape up and tone your trouble spots regardless of how hectic a life you lead. **Banish Your Belly, Butt, and Thighs Forever!** provides hundreds of ways for you to schedule in exercise painlessly, reduce the calorie content of your meals without giving up taste, and create healthier-- yet still realistic-- daily routines. Invite simple strategies, small changes, and a firmer, fitter body into your future. Here's what real women are saying about **Banish Your Belly, Butt, and Thighs Forever!** "I have tried many fitness programs over the years, and this is the first time I've been able to stick with. It's simple. It's gradual. And it works."--Mary Ellen C. "The tips for eating more foods-- but still losing weight-- have been great. The food is delicious and I don't feel deprived."--Susan H. "I've never been able to fit exercise into my day. Since I've learned how to get the same benefits by exercising in 10-minute chunks, it has made a huge difference. That's a lifestyle change I can really live with."--Kerry S. "Seeing results so quickly really makes me want to do even more!"--Linda S. "I've always known I was supposed to eat better. Now I know specifically what I need to do. And it's easier than I ever thought."--Tammy F. "After just three weeks, I've definitely noticed a difference in my belly, butt, and thighs. Even better-- my husband has, too."--Brooke M. "I feel great. I am more focused. I have more energy. And my stomach is getting firmer and flatter! The plan is terrific."--Janine S.

as described

THIS BOOK TELLS ALL. IT IS A GUIDE WITH GREAT PHOTO'S. READ IT AND THEN PRACTICE AND YOU WILL BE HOOKED. COMPANY DELIVERS QUICKLY.

I found this to be a wonderful book. It showed me how to get started back in an exercise routine after many years of gaining weight. It let me target the areas where I needed help and showed me what to do week after week in my new routine. It's great!

I was expecting more from this book. It was well-written but I would've like to have seen more of an outline or "jump-start" program. Maybe that's just my style, though. There were wonderful recipes and good charts. Plus, there were simple workouts.

Was helpful in giving me different ways to help the area that is the most difficult to get rid of.

Easy program to understand and to follow. Thank you to the ladies who recommended this book on the Prevention site.

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