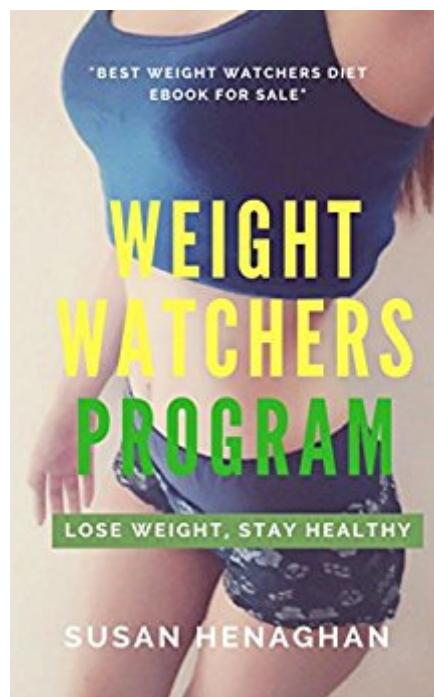




The book was found

Weight Watchers Program: Beginners Weight Watcher Diet Plan Guaranteed To Help You Lose Weight And Stay Healthy



Synopsis

Weight Watchers Program
Beginners Weight Watcher Diet Plan Guaranteed To Help You Lose Weight and Stay Healthy
In 1960's, a group of overweight friends met together to talk about how to lose weight. From then, the Weight Watchers Diet started its journey and became a worldwide diet program for the people who want to lose weight. About 25 million people around the world are currently involved with weight watchers diet. It is a very popular diet nowadays. According to the U.S. News and World Report, the diet ranked "Best Weight Loss Diet" and "Best Weight Watchers Diet" for the fifth consecutive year in 2015. The weight watchers diet supports healthy eating habits and lifestyle modifications. The diet is unique because it has 2 ways to follow. One is attending a group meeting and another one is following the diet at home like other diets. People, who attend the meeting, follow the weight watchers program to reach their desired weight and share the knowledge with others. The weight watchers diet can support you to lose approximately two pounds in a week. Inside this book, you will discover
A basic concept about Weight Watchers Diet
History of Weight Watcher Program
What are the methods?
Traditional method
Online program
How will you calculate your points?
Foods with smart points
How to plan your meal?
What will be your food choice?
Weight Watchers Diet recipes for breakfast, lunch and dinner
Health advisory and safety
So, collect your copy before it's too late!

Book Information

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Customer Reviews

I was so happy that I found this textbook via friend's recommendation! I always wondered how she was able to lose all that weight so fast. In the past I tried everything, diets, juices, vegan eating, everything! I hated those love handles, they were so pesky and just wouldn't go away. This was the perfect read for me on my daily commute to work! Everything in this book is so clear, concise and intelligently written. Thanks, Susan! I was able to lose 12 pounds from reading the guidance in your book!

Hello guys. I am mahnoor and I have been facing weight gain issues all my life and always find it difficult to shed pounds. Conversely, it is amazingly easy for me to put on weight in no time. I tried everything over the years (including all kinds of diet plans, workouts, jogging, walks and just about anything else under the blue sky) to lose those extra fats accumulated all around. Nothing has really worked for me until a friend recommended me to go through this book. Frankly it worked miracles for me. For the first time in my life i was able to truly understand the relationship between my weight gain and my dietary habits. I was able to grasp the theory of food metabolism and how i can use it to lose weight. I have been able to handle my weight gain issues much more effectively ever since and lost over 20 lbs in just about a couple of months. The important factor is that this time over the weight loss has been permanent and I haven't gained back all those lost pounds. This is definitely a paradigm shift in my life style and i feel much healthier and living a wholesome life. This book is a must read for any person who is fighting a losing battle with obesity or planning to trim down. Hearty thanks to the author for producing such a balanced and easy to follow weight watch and loss book. I strongly recommend.

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