



Weight Watchers Start Living, Start Losing: Inspirational Stories That Will Motivate You Now

By Weight Watchers

Wiley. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.7in. x 5.6in. x 0.8in.What Makes a Great Weight-Loss Success StoryOVER 70 REAL WOMEN AND MEN(INCLUDING A FEW CELEBRITIES!) SHARE THEIR STORIES AND STRATEGIES FOR FINDING A HEALTHIER LIFEIf youve ever admired a friend, colleague, or relative who has lost weight and wondered, How did they do it, this is the book youve been waiting for. In Start Living, Start Losing, Weight Watchers, a global leader in weight management, brings you some of its best-ever and most inspiring stories of more than 70 women and men who have lost weight and kept it off. In this groundbreaking book, real people share their personal experiences, giving you an up-close and personal look at how they put their plans in motion, overcame obstacles, and persevered to reach their goals. The stories of the women and men in this book come from people from all walks of life, some from celebrated actors and authors. Yet all of them share a common goalto lose weight and find a healthier lifestyle. Each story features a Take-Away tip with practical solutions to everything from putting portion control into practice to finding time for fitness. Journal pages at...



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