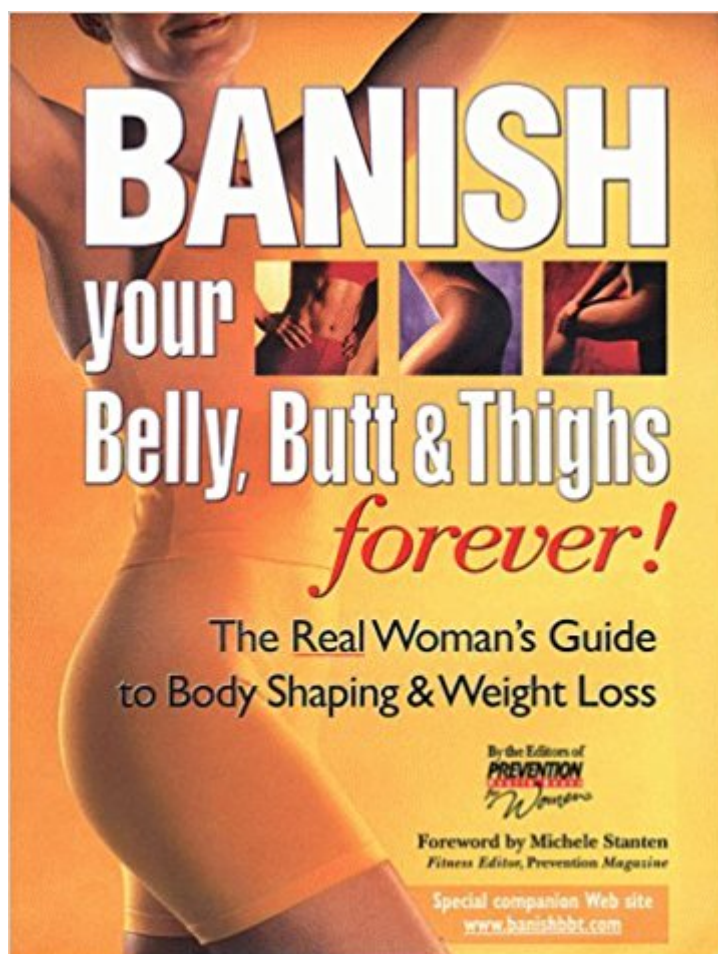


The book was found

Banish Your Belly, Butt And Thighs Forever!: The Real Woman's Guide To Body Shaping & 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 spot 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

â œI feel great. I am more focused. I have more energy. And my stomach is getting firmer and flatter! The plan is terrific.â • â •Janine S.â œI have tried many fitness programs over the years, and this is the first one I've been able to stick with. It's simple. It's gradual. And it works.â • â •Mary Ellen C.â œThe tips for eating more foods-- but still losing weight-- have been great. The food is delicious and I don't feel deprived.â • â •Susan H.â œI'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.â • â •Kerry S.â œSeeing results so quickly really makes me want to do even more!â • â •Linda S.â œI'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.â • â •Tammy F.â œAfter just three weeks, I've definitely noticed a difference in my belly, butt, and thighs. Even better-- my husband has, too.â • â •Brooke M.

Banish Your Belly, Butt & Thighs Forever!"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. 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 spot 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 one 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.

If only I could live forever so that I could eternally relish my wife's banished thighs and butt...

Good deal

The product information stated there was a website to follow the program and get help. However, the website is not available anymore. I joined Weight Watchers online instead.

A tad outdated, but still very helpful to the beginner. Basic & simple - great for getting anyone started without overwhelming the newbie. As a Pro Trainer, I like the gentle approach for the new fitness enthusiast. This one will help you get started if you are just getting off the couch. Joey Atlas - The Wizard of Fitness[...][...]

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