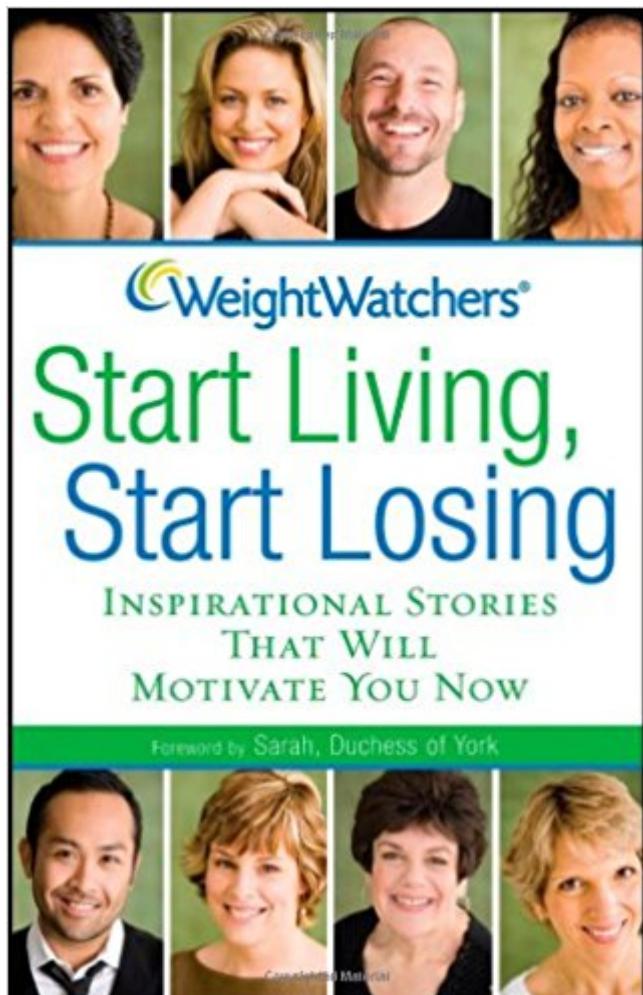


The book was found

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



Synopsis

What Makes a Great Weight-Loss Success Story? OVER 70 REAL WOMEN AND MEN (INCLUDING A FEW CELEBRITIES!) SHARE THEIR STORIES AND STRATEGIES FOR FINDING A HEALTHIER LIFE If you've ever admired a friend, colleague, or relative who has lost weight and wondered, ""How did they do it?""", this is the book you've 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 goal???to 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 the end of each chapter will help you stay motivated as you work toward your own smart eating and exercise goals. So start reading . . . start living . . . and start losing! WEIGHT WATCHERS INTERNATIONAL, INC. is the world's leading provider of weight management services, operating globally through a network of company-owned and franchise operations. Weight Watchers holds over 50,000 weekly meetings where members receive group support and education about healthy eating patterns, behavior modification, and physical activity. WeightWatchers.com provides innovative subscription weight management products over the Internet and is the leading Internet-based weight management provider in the world. In addition, Weight Watchers offers a wide range of products, publications, and programs for those interested in weight loss and weight control. To see and hear several Weight Watchers success stories online, log on to WeightWatchers.com/startliving.

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Customer Reviews

Dieting is a big business here in the US, where every get thin quick diet or fad becomes the next big thing. The truth of it all is, if there was a quick way to be thin, I would have found it by now. Here's what I do know: WeightWatchers leads the way in sensible, successful weight loss programs. Their program is not a diet, but a way of retraining yourself about healthy ways to view food and your life-long relationship with food. This book is broken down in several sections and each section has stories that members have written in their own words. There are sections on losing weight for health reasons, for weddings, as a group, for men, etc. Each person's story then ends with a quote and a "take-away" thought, such as: plan your meals ahead of time (to avoid temptation later), don't make a one day error become a week-long failure, etc. I have not been a part of the WeightWatchers program, but a good friend and I started our weight loss journey together, she on the program, and me on my own. I lost a significant amount (over 40 lbs!) and have kept it off for coming up on three years. It all comes down to being accountable and planning. Although I am not on an organized plan, I do subscribe to their magazine, to follow the success stories and to keep myself on track and to continue to get good ideas for healthy eating and exercise. I especially love the success stories. If you like to read of other's successes and how you can incorporate this into your over-all fitness plan, this will probably be a book that you will find interesting. There are also areas at the end of each chapter to write-down ideas for yourself, such as in how to make healthy eating easier on the job, etc.

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