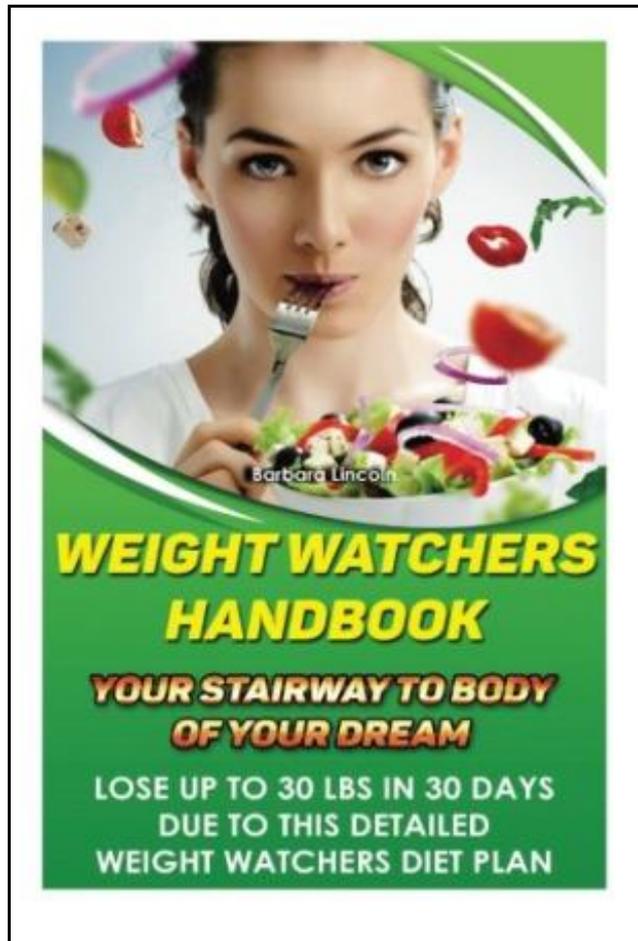


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. **Weight Watchers Handbook - Your Stairway To Body Of Your Dream (FREE Bonus Included). Lose Up To 30 Lbs In 30 Days Due To This Detailed Weight Watchers Diet Plan.** Weight Watchers is one of the most popular diets in America. Created in the 1960 s, it uses a point system instead of traditional calorie and fat counting to make it easier on you. In this book, we ve outlined the basics of the Weight Watchers plan and given you tips, advice and examples of how you can use the point system to drop pounds and finally achieve the body you ve always dreamed of. There s one simple difference between Weight Watchers and other diets: You can eat whatever you want. That s right. No food is off limits and you never have to give up your favorite meals to lose weight. Instead of teaching complicated food combinations and restricted eating plans, the Weight Watchers system teaches simple portion control. You can eat whatever you choose as long as you don t overeat. With this plan, you ll learn valuable skills that will become habits. Those habits will make the difference so that you can lose weight and keep it off. We ll also talk about nutrition and exercise- two critical components of any weight loss regimen. You ll learn the difference between good nutrients and bad nutrients and how to maintain a balance between the two so that your body has all the energy it needs to do everything you ve ever dreamed of....

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