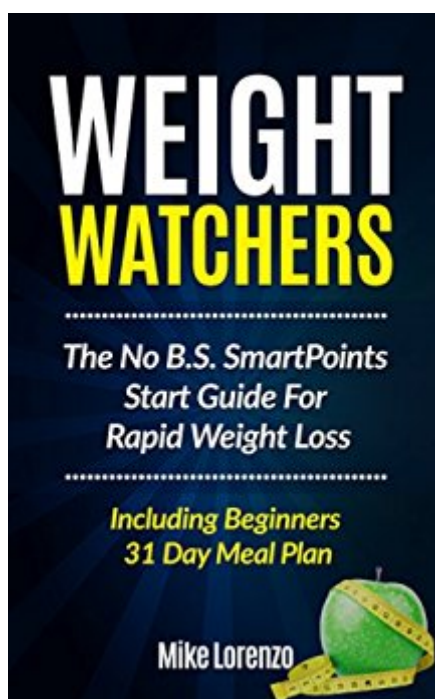


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# Weight Watchers: The No B.S. SmartPoints Start Guide For Rapid Weight Loss - Including Beginners 31 Day Meal Plan



## Synopsis

Discover The No B.S. SmartPoints Start Guide For Rapid Weight Loss - Including The Beginners 31 Day Meal Plan! More and more Americans are realizing that dieting is not the best way to lose weight. Going on a short-term weight loss regimen may yield results, but they are short lived and often participants gain back more weight than they have lost. This is a terrible cycle that has affected millions of Americans for decades. There is only one way to break the cycle, but perhaps you do not have the knowledge you need to get started. The solution is clear – stop fad dieting and start a strategy that works. Weight Watchers has helped tens of thousands lose weight and keep it off. The tried and true strategy to Weight Watchers comes in losing weight gradually, and keeping it off by adopting a lifestyle change that will inform healthy choices for years to come. Stop losing weight only to gain it back a short while later. There is a better way, a healthier way and a more effective way, in Weight Watchers. Learn about the secrets that have helped thousands, and start your new weight loss journey today with an included 31 Day meal plan. It's time for you to lose weight and to keep it off – start reading today!

In This Book You Will Find:

- A brief history of the Weight Watchers program
- An explanation of the current Weight Watchers™ SmartPoints system
- How to calculate your daily SmartPoints total
- A delicious 31 Day meal plan made up from more than 20 different meals
- Step by step instructions for how to cook delicious and healthy meals
- Advice and instructions from a Weight Watchers member for more than ten years
- Recipes from all different styles of cuisine

So Go Ahead, Grab Your Copy & Start Reading Today For Only \$2.99!

## Book Information

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## Customer Reviews

Losing weight is always a losing battle for me. But reading this book has given me a new hope, maybe it is still possible for me to shed some weights off. And one revelation I got from this book is that I should stop dieting and instead have a strategy that will surely work. And knowing how popular and effective the Weight Watchers is in this department, I think that what I read from this book will be able to help me pull this through. I also appreciate the recipes given here, and of course the 31-day meal plan. This is going to be super helpful since I won't need to think of what to prepare anymore. There 20 different meals given here and, for me, this is more than enough.

Losing weight is easy If the person will do it religiously with a mindset. Sometimes to discipline oneself is hard because we are the masters of our self any excuses and alibi could be invented, so the program sometimes was cut and oftentimes neglected. I love the concept of this book as the recipes given are easy to follow and include in a month diet plan. I am convince that following the steps and strategies offered by this book that a rapid weight loss can be achieve if not 100% target at least a percentage of it.

Weight Watchers program is one of the best programs that I know because of my friends who achieve weight loss while under this program. My brother suffers from overweight and after my friend lends me this book to read I got interested and talked to my brother regarding this book. He tried to follow the guides written and some diets too, and he got so excited to try the meal plan with 20 different meals. Sounds exciting. I just can't wait to see the result.

This book is a perfect diet plan for people who want to lose weight rapidly. Losing weight is not easy to do if you don't have the determination to achieve your goal. This book will also provide step by step instruction on how to cook delicious and healthy meals. I can't wait to try this book! This is a perfect guide for all weight watchers. I highly recommended this book to all!

Tired of being fat? well this is the right time to start trimming down weight and start looking fresh. This weight watcher book is the best book that will help you loose weight so easy. A book that provides a plenty of strategies to burn fat rapidly plus it also gives a full month recipes. So meaning exercise and diet meal combination that will surely boost weight loss.

The author has introduced relatively a different guide book that works rapidly on you in losing weight through smart ways. This guide has provided weight watchers that is the no B.S smart starting points that has shared 31 day beginner meal plan amazingly. This guide instantly reduce weight and makes you fit and smart. I do recommend this guide book to all!

Iâ™ve been trying recipes from this for two 2 days now and everything we try comes out great. Recipes are simple and the required ingredients are already in my kitchen. This book is recommended to anyone interested in cooking easy healthy meals. This book can help me stay on track with the Weight Watchers program. I am putting the book to good use!

Straight to the point, concise and very helpful. It's only been a few days since I started following the tips and advice from this book and I'm seeing improvements already. It's not much yet but it's definitely better than just starving myself by not eating. Great book and will recommend.

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